



teen health centre

Special Additions - Prenatal Class

Special Additions is a unique support group held in a warm and friendly atmosphere and designed especially for adolescents and young adults. Our prenatal instructor is especially qualified to provide you with the assistance you need to have a healthy and happy pregnancy, labour and delivery.

Special Additions classes are instructive, relevant and a lot of fun!

You will learn

- physical changes during pregnancy
- psychological and emotional changes during pregnancy
- nutrition for mother and baby
- baby growth and development
- relaxation techniques
- breathing techniques for each stage of delivery
- signs and stages of labour, delivery
- hospital procedures, including a hospital tour
- characteristics of a newborn baby
- feeding, infant care, safety
- a nutritious snack

“Now I can feel more comfortable about labour and child-bearing.”

“Now I can actually take care of my child with a reasonable chance of doing something right”

Prenatal Health Support Program is for pregnant teens and young adults, discovering **you are a young mother-to-be** evokes a whirl of emotions. How is this going to affect your life? What does this do to your future plans? How will your closest relatives and friends react? Are you physically and emotionally prepared to carry a child?
Can you handle all this?

You don't have to go through this alone.

Teen Health Centre will care for you. Our staff is friendly, encouraging and non-judgmental. Our doctors and nurses can confirm your pregnancy and provide you with **expert medical care** from those first weeks through delivery. Our Special Additions prenatal program offers pregnancy and birthing instruction, baby care and feeding and much more.

Registration and prenatal classes **are free to all teenage and young mothers up to 24 years** of age. Medical treatment is covered with a valid health card.

You can come alone, but we encourage you to **bring a friend or someone else who will be your labour coach**, especially when you begin breathing techniques. Your coach is welcome to attend any of our classes.

Proper nutrition is vital to the health of you and your baby. The THC's nutrition department offers additional information which you might find useful:

- eating sensibly during pregnancy
- recommended weight gain
- correct amounts of vitamins and minerals
- the use of alcohol, artificial sweeteners and caffeine
- nausea, vomiting, constipation and hemorrhoids
- newborn nutrition
- meal planning and preparation on a budget
- cooking classes

Call to register for Special Additions prenatal program.

To register for Special Additions prenatal program, call: 253-8481
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