



If you need more information,
please contact your healthcare provider.

HEALTHY HABITS DURING PREGNANCY

- Early Prenatal Care
- Nutritional meals
- Daily Prenatal Vitamins
- Staying Hydrated
- Daily Exercise
- Self-Care
- Rest and Good Sleep

Sources of Information

1. The sensible guide to a healthy pregnancy.
Ottawa - Ontario : Public Health Agency of Canada (2012)
2. Your Guide to a Healthy Pregnancy.
Public Health Agency of Canada (2022)
3. WHO recommendations on antenatal care for
a positive pregnancy experience (2016).



Daily Pregnancy Tips for Red River Métis

It is important to maintain healthy habits during a pregnancy. Following these habits will contribute to a healthy pregnancy and positive outcomes for both mother and child.

If you need more information, about your own or your baby's health, please contact your healthcare provider.



Eat Balanced Meals

When you eat balanced meals, your baby gets the required vitamins, minerals and nutrients for healthy growth and development. Ensure to include fruits and vegetables in your meal daily.



Prenatal Vitamins

Take vitamin supplements with folic acid daily. Your baby's brain, skull, and spine need folic acid to form during the first few weeks of pregnancy, a period when you may not yet know you are already pregnant. It reduces the risk of neural tube defects.



Staying Hydrated

Water carries nutrients throughout your body and to your growing baby, removing waste products from both your baby and you. It is important to drink plenty of water while you are pregnant.



Exercise regularly

Exercise during pregnancy helps you stay and feel healthy, sleep better, improves your mood and energy, while building strength for labour and delivery.



Get Enough Rest

Your body needs rest time to repair and gain back energy used during the day. Having 8-10 hours of sleep will help maintain good health.

Habits to Avoid During Pregnancy

Pregnancy often comes with a lot of questions and concerns about how the mother's habits affect the baby.

Here are a few dangerous habits to avoid during pregnancy:



Cannabis

There is no known safe amount of cannabis use during pregnancy. The active ingredient in cannabis THC can cross the placenta and get into breast milk. Research shows that using cannabis during pregnancy can cause lower birth weights, affect your baby's brain formation, learning and physical development, and may also lead to behavioural issues later in life.



Alcohol

Alcohol taken during pregnancy rapidly reaches your baby through your bloodstream. This puts you at risk of giving birth to a baby with Fetal Alcohol Spectrum Disorder (FASD).



Tobacco and Vaping

When you smoke or are exposed to second-hand smoke, your baby gets less oxygen and nutrients. This can slow down your baby's growth and weight gain.

The more you smoke, the higher the risk of complications for your baby before, during and after birth.

