

The Health and Wellness Department (HWD) of the Manitoba Métis Federation (MMF) is committed to increasing access to culturally appropriate health care services and improving the health outcomes for our Red River Métis Citizens.

To participate in our maternal and child health research project, scan QR code below.

Benefits of Prenatal Care

- Reduces complications during labour and delivery:
 - Premature births
 - Perineal tears
 - Emergency C-sections
- Increases breastfeeding supports in our community

QR CODE



or email us at
healthresearch@mmf.mb.ca

For more information on the health of you and your baby:
Please contact your health care provider.

Sources of Information

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



PRENATAL CARE WHAT, WHEN AND WHY





When to start care?

It is recommended to start prenatal care once the pregnancy is confirmed. This usually occurs within the first trimester (or at 8-10 weeks of pregnancy).

If you are thinking about getting pregnant, it is recommended to start prenatal vitamins at least 3 months prior to conceiving.

What is prenatal care?

Prenatal care is a sequence of appointments between a pregnant woman and her healthcare provider, starting at the beginning of pregnancy to labour and delivery.

Care includes health education and regular monitoring of mom and baby's health.

Why is it important?

- It reduces the risk of maternal complications including:
 - diabetes in pregnancy
 - high blood pressure
 - swelling related to pre-eclampsia
- Reduces risk of infant sickness and sudden infant death syndrome (SIDS)

Balanced maternal habits

H

HAVE AT LEAST 8 HOURS OF SLEEP EVERY NIGHT

E

EAT FRUITS & VEGETABLES DAILY

A

AVOID ALCOHOL CONSUMPTION

L

LIMIT DAILY CAFFEINE INTAKE

T

TAKE YOUR PRENATAL VITAMINS DAILY

H

HAVE AT LEAST 15 MINS OF DAILY EXERCISE (INCLUDING WALKING)

Y

YOUR HEALTH IS YOUR BABY'S HEALTH