

## Healthy Pregnancy

We want to support you in having a healthy and safe pregnancy.

The Government of Alberta has developed an excellent resource called Healthy Parents | Healthy Children which addresses all of the normal pregnancy concerns. Topics include

- Staying Healthy: foods, weight gain, exercise, sleep, stress, etc
- First trimester specific changes, discomforts and concerns
- Second trimester specific changes, discomforts and concerns
- Third trimester specific changes, discomforts and concerns
- Labour and Birth
- Postpartum

Please read through the website and feel free to discuss any concerns or ask questions with your doctor

