



foothills

maternity group



Education Package

Welcome to Foothills Maternity Group!

We are a team of physicians specializing in low-risk obstetrical care at the Foothills Medical Centre committed to providing the best care for you and your family. We look forward to supporting you throughout your pregnancy, delivery, and postpartum period.

Our practice operates as a group, with patient care shared among all of our physicians. Our team is available in the clinic five days a week, and we are on call at the hospital 24 hours a day, seven days a week. All prenatal appointments will be at our clinic located in Trinity Hills.

If you experience any urgent pregnancy concerns requiring emergency care after 12 weeks of pregnancy, please go directly to the Labour and Delivery unit on Unit 51, 5th floor, of the Foothills Medical Centre.

Our clinic uses a patient messaging system called Ava Connect which allows us to message you, and send you requisitions and lab results. You should have received an email invitation when booking your first appointment. Please let our reception team know at your first appointment if you have not received this invitation.

For additional information about our clinic and available educational resources, please visit our website at www.foothillsmaternitygroup.com. We have summarized key information in this education package.

Sincerely,

The Physicians of the Foothills Maternity Group

Package Contents

There is a lot to learn when you are pregnant! We have summarized some of the most common topics that are important to know when you first become pregnant. Please see our website at www.foothillsmaternitygroup.com for more comprehensive information or reference the AHS books and website, www.healthyparentshealthychildren.ca. Topics summarized here:



1. **Food safety**
2. **Vitamins and supplements**
3. **Vaccines**
4. **Exercise**
5. **Weight gain**
6. **Mental health**
7. **Patient Care Timeline**
8. **Visiting Foothills Medical Centre**

Every pregnancy has a different story. What matters most is that you are not alone in yours.

AHS Healthy Parents Health Children
books can be downloaded here:



Eating and Food Safety

Healthy Eating in Pregnancy

Try to eat a variety of healthy foods each day. If you are looking for ideas on how to eat healthfully during pregnancy, please visit:

<https://www.healthyparentshealthychildren.ca/app/uploads/2022/06/eating-well-during-pregnancy-final-June-22-2022.pdf>

Foods to Avoid in Pregnancy

Certain foods can pose health risks to yourself and your baby.

Please visit the following website to learn more about foods to avoid during pregnancy and options for safer alternatives.

<https://www.healthyparentshealthychildren.ca/app/uploads/2022/06/eating-well-during-pregnancy-final-June-22-2022.pdf>

Caffeine

Small amounts of caffeine during pregnancy and breastfeeding are fine for most people. Try to limit your caffeine intake to 300 mg per day or less.

If you are having difficulty eating healthfully due to financial or other concerns, please let your care provider know.



There is no one way to do this
— only your way, and we're here
to walk beside you.

Vitamins & Supplements

Folic Acid

Taking a daily multivitamin with folic acid in it is important during pregnancy. A multivitamin with 0.4 mg (400 mcg) of folic acid provides enough folic acid during pregnancy for most people. This will help prevent serious birth defects in the brain, skull, or spine (neural tube defects).

Iron

Your body needs more iron to make more blood, and help your baby grow. Choose foods high in iron and take a multivitamin with iron in it. Some people may need more iron than others.

The best food sources of iron are beef, pork, bison, elk, moose, chicken, lamb, fish, sardines, shrimp, oysters, and mussels. Your body absorbs iron from these foods better than it absorbs iron from other foods. Plant-based foods with iron include legumes (like lentils, beans, and chickpeas), tofu, whole grains, and fortified grains such as fortified cereals or breads.

If you eat healthy foods and take a multivitamin that contains iron every day, you should be getting the amount of iron your body needs. Only take an extra iron supplement if your health care provider tells you to.

Calcium and Vitamin D

Calcium and vitamin D work together to help your baby build strong bones and teeth and may help placental development. Aim for 1000mg of calcium daily if you are 19-50 years of age and 1300mg of calcium daily if you are 18 years of age or younger. Take a multivitamin with 2000 IU Vitamin D in it every day.

The best food sources of calcium are: cow's milk, beverages labelled as 'calcium fortified', yogurt and kefir, hard cheeses, canned salmon or sardines with bones, tofu made with calcium.

Foods that have vitamin D include: cow's milk, fortified soy beverage, and some other fortified plant-based beverages, yogurt with vitamin D added, fish such as salmon, rainbow trout, herring, Atlantic mackerel, and sardine, eggs.



We recommend the following vitamins for most routine pregnancies:

- Multivitamin or prenatal vitamin with 400mcg of folic acid
- Vitamin D 2000 IU/day
- 1000 mg of calcium per day from food sources or a supplement

Vaccines

Why do we vaccinate in pregnancy?

Protection for Mom

Pregnancy is a time when women are more at risk of getting severely ill from infections. This can lead to complications for the mom, as well increased risks of preterm birth or having a smaller than expected baby.

Protection for Baby

Boosting your immunity in pregnancy will allow you to pass antibodies to your baby through the placenta, as well as through your breast milk, if you choose to breastfeed. Your baby will have the protection of your antibodies until they are able to get their own vaccines, which are offered at 2 months of age.

Vaccines Recommended in Pregnancy

1. Flu Vaccine

The vaccine is safe any time in pregnancy and is offered seasonally, usually between October and February. The baby will get the most protection if the vaccine is given before 36 weeks.

2. Pertussis (Whooping Cough) Vaccine

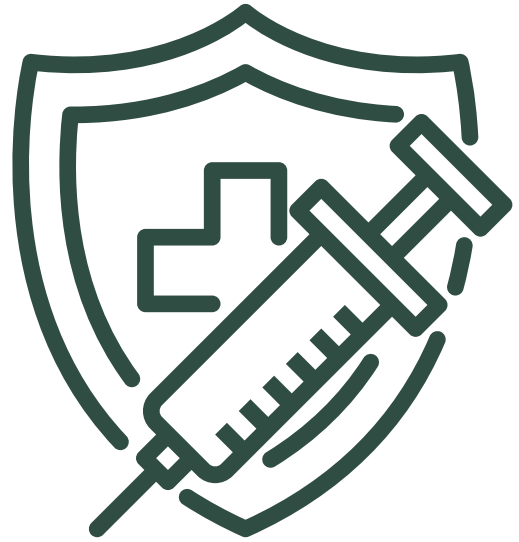
The vaccine is safe any time in pregnancy and is ideally given between 27-32 weeks gestation in every pregnancy.

3. RSV (Respiratory Syncytial Virus) Vaccine

This vaccine is recommended between 32-36 weeks, especially if your baby will be born during the RSV season (November to April). The RSV vaccine does have a cost of about \$300 and a prescription from a doctor is required. **The RSV vaccine can be given at the same time as the pertussis and flu vaccines** (as per SOGC recommendations).

4. COVID-19 Vaccine

Covid- 19 vaccination is recommended during pregnancy in any trimester. Every pregnant woman should have the initial 2 doses of the covid vaccines if they have not had them previously. A booster is recommended during pregnancy if it has been greater than 6 months since your last covid vaccine or confirmed covid infection.



Vaccines for Family and Friends

People of all ages who will be around baby should consider an up to date flu and covid vaccine. Adults should get a pertussis booster as well if it's been more than 10 years since their last dose.

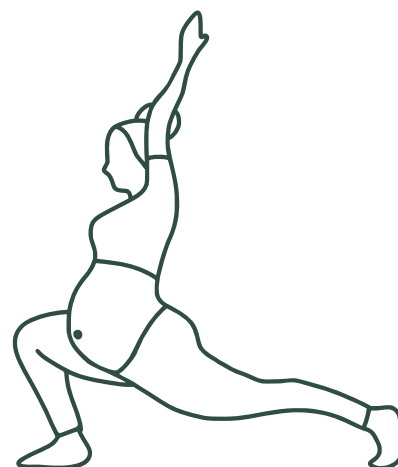
***Please note that the measles vaccines is not safe to receive during pregnancy. The best time for this vaccine is before becoming pregnant or post-partum and can be given by public health.*

Exercise & Weight Gain

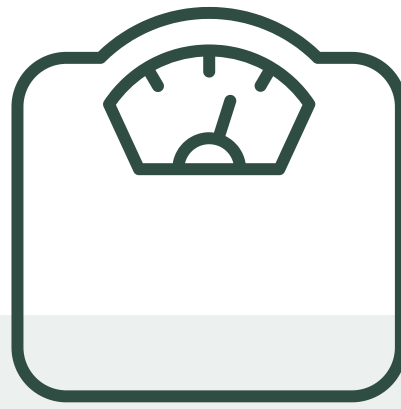
Exercise in Pregnancy

Exercise is a part of a healthy lifestyle and most pregnant women are strongly encouraged to exercise and be physically active throughout pregnancy. Benefits of exercise in pregnancy can include: helping your body be strong and fit for labour and birth, helping you to sleep better, helping prevent you from gaining excess weight, boosting your mood and your energy levels, helping with constipation, reducing backache, and reducing the likelihood of getting gestational diabetes.

Pregnant women should try to get at least 150 minutes of moderate-intensity physical activity each week to gain meaningful health benefits and to decrease pregnancy complications. This can include aerobic exercise, resistance training, and most activities you enjoyed prior to pregnancy. You should aim for at least 3 days per week of activity; however, being active every day is encouraged. Most pregnant women should strive for 30 minutes of moderate exercise most days of the week.



No matter the journey that brought you here, you deserve care, support, and compassion every step of the way.



Weight Gain in Pregnancy

It is normal to gain weight in pregnancy. Gaining too little or too much weight during pregnancy can be associated with complications for your pregnancy, labour, and delivery. Being physically active and eating a balanced diet of healthy foods will help you have healthy weight gain.

How much weight should you gain?

Your health care provider will track your weight gain at your routine visits. How much you need to gain depends on your weight before pregnancy. It is common to gain very little weight in the first trimester. Most of your weight gain happens in your second and third trimesters. You may gain weight a little faster or a little slower each week. The following are general recommendations for healthy weight gain in pregnancy.

Pre-pregnancy BMI	Recommended total weight gain for pregnancy*	Average weekly weight gain in 2nd and 3rd trimesters*
less than 18.5	12.5 to 18 kg (28 to 40 lb.)	0.5 kg (1 lb.) each week
18.5 to 24.9	11.5 to 16 kg (25 to 35 lb.)	0.4 kg (1 lb.) each week
25.0 to 29.9	7 to 11.5 kg (15 to 25 lb.)	0.3 kg (0.6 lb.) each week
30 and over	5 to 9 kg (11 to 20 lb.)	0.2 kg (0.5 lb.) each week

Mental Health

Your mental health is just as important as your physical health during pregnancy. If you would like more information, or would like to discuss your mood at any time, please let your doctor know.

Your Mental Health & Pregnancy

PregnancyInfo.ca

- Canadian evidence-based pregnancy and postpartum resource.
- Provides accessible education on perinatal mental health.
- Helps recognize signs of anxiety, depression, and stress.
- Encourages early support and treatment seeking.
- Supports parent, infant, and family well-being.

Healthy Parents Healthy Children

- Alberta evidence-based pregnancy and parenting resource.
- Provides trusted information from pregnancy to early childhood.
- Supports informed parenting and healthy family decisions.
- Promotes healthy growth, development, and family wellness.

Self-Guided Mental Health Tools

Apps

- Calm
- Headspace
- Happier Meditation
- Smiling Mind
- MindShift CBT

Websites

- [Managing Depression Workbook](#)
- [Centre for Clinical Interventions](#)
- [Hope](#)

Adverse Childhood Events

- Curious how your childhood experiences may affect your pregnancy and parenting?
- [ACE Questionnaire](#)
- [Alberta Family Wellness Initiative](#)
- [ACEs Aware](#)



To access more mental health resources:
foothillsmaternityclinic.com

Talk with a professional

Access Mental Health

403-943-1500

Fully-funded counselling offered through Recovery Alberta.

Eastside Community Counselling

403-299-9699

Immediate, no-cost, mental health support by phone/text or walk-in.

One-Step-at-a-Time Counselling

587-774-9736

Free, single-session counselling for adults, couples, & families through the Foothills Primary Care Network.

Families Matter

403-205-5194 or 403-205-5180

Free family programs & classes to support parents, children, & family wellbeing.

Employee Assistance Programs

Available through many employer benefits programs — check your coverage.

Eunoia Virtual Counselling

Fully virtual women's mental health clinic.

Foothills Maternity Group Generalist in Mental Health

Covered counselling in-house.

Please ask your doctor at the front desk for more information.

Crisis Counselling

National Suicide Crisis Helpline: call 9-8-8

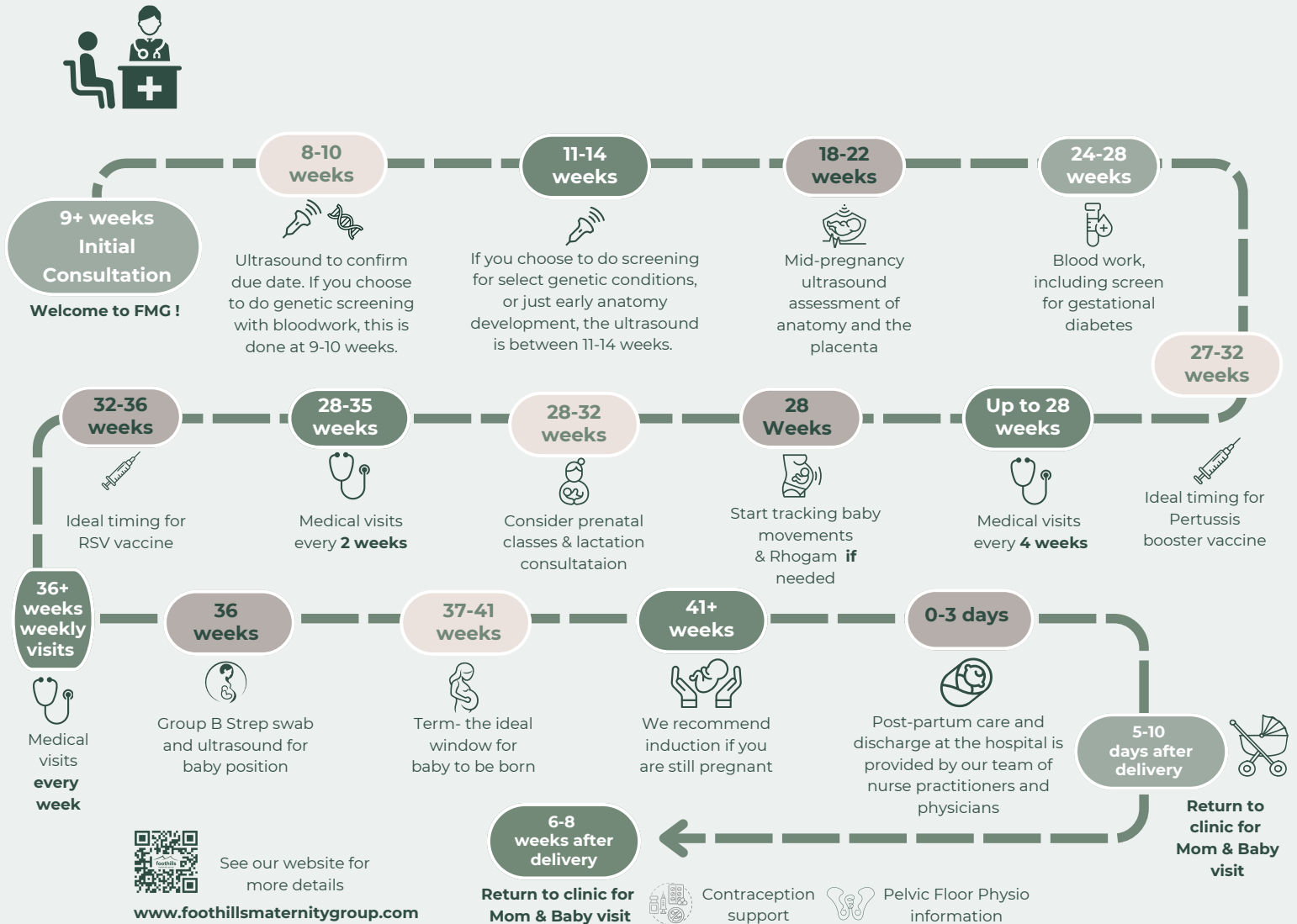
Distress Centre: call/text 403-266-4357

Calgary Women's Shelter: call 403-234-SAFE (2733), or text 403-604-6689

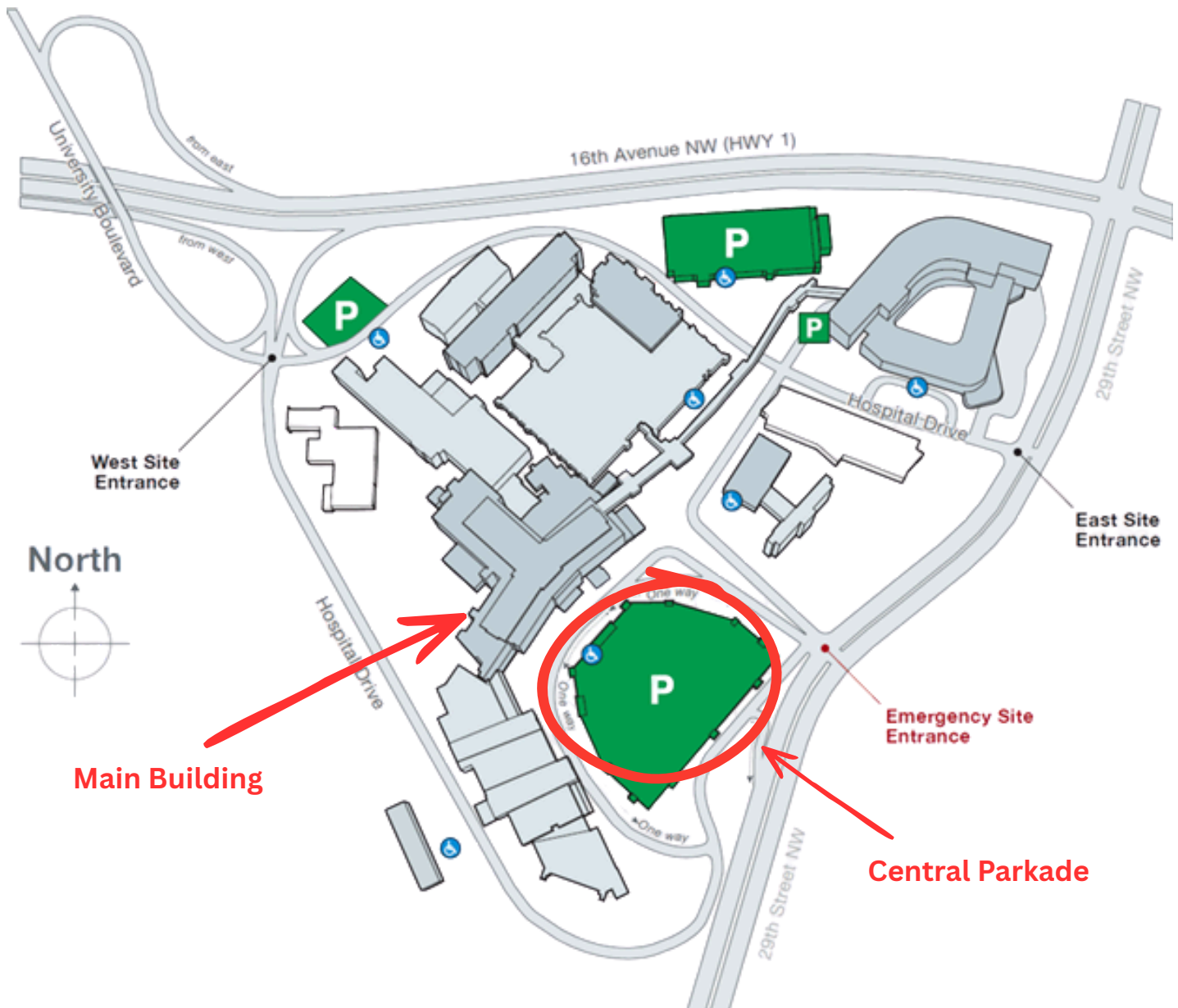
Alberta Mental Health Line: call 1-877-303-2642

National Helpline: call/text 2-1-1

Patient Care Timeline



Arriving at Foothills Medical Centre



Foothills Medical Centre - 1403 29 Street NW, Calgary, AB

- Park in the Central Parkade (circled green lot), located in front of the Main Building. This is the closest parking to Labour & Delivery.
- **Labour & Delivery is located in the Main Building, 5th Floor (Unit 51).**
- Enter through the Main Entrance, walk past the Gift Shop, and take the elevators to the 5th floor.
- **Do not check in at Emergency.** Walk to the Main Building elevators and take them to the 5th floor.
- Parking is busiest on weekdays during daytime hours, so allow extra time if possible.