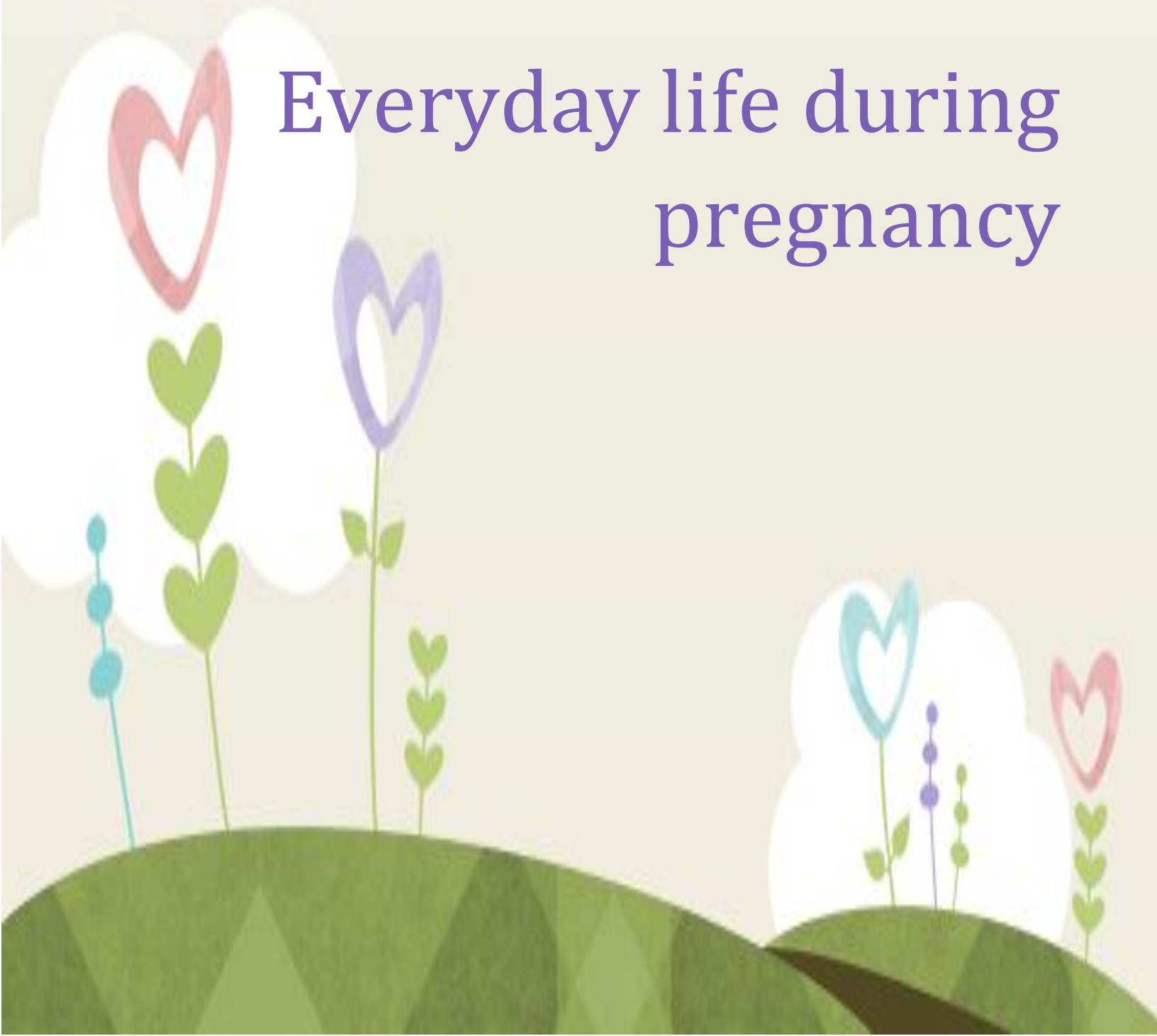
The background features a stylized landscape with rolling green hills. Several heart-shaped flowers in various colors (red, blue, purple, green) are scattered across the scene. The sky is a light, warm tone. The text is positioned on the right side of the page.

Prenatal Meetings

Parents' Guide

Everyday life during pregnancy



HEALTHY CHIPS AND FUN DIP

Servings: 4 servings of chips
6 to 8 servings of dip

Preparation: Chips: 10 minutes

Dip: 10 minutes

Cooking: 8 minutes

INGREDIENTS

Healthy chips

1 bag of 12 mini pita breads
30 ml (2 tbsp.) olive oil
Cajun seasoning
Salt and pepper



Fun dip (one recipe, three versions)

350 g (12 oz.) silken tofu (like Mori-Nu)
15 ml (1 tbsp.) Dijon mustard
The juice of 1 lemon
60 ml (1/4 cup) vegetable oil

Indian-style version

- 5 ml (1 tsp.) curry
- 5 ml (1 tsp.) fresh ginger, grated
- 2.5 ml (1/2 tsp.) curcuma
- Salt and pepper

Mexican-style version

- 15 ml (1 tbsp.) fresh cilantro, finely chopped
- 1 clove garlic, finely chopped
- 2.5 to 5 ml (1/2 to 1 tsp.) chipotle puree (like Tabasco Chipotle), to taste
- Salt and pepper

Spanish-style version

- 1 green onion, finely chopped (green and white parts)
- 5 ml (1 tsp.) smoked paprika, mild or hot – to taste
- Salt and pepper

PREPARATION

Healthy chips

- Preheat oven to 200 °C (400 °F). Place the rack in the middle position.
- Using kitchen shears, cut the pita breads in half, lengthwise.
- Place pita chips on two baking sheets, outside up.
- Brush pita chips with oil.
- Sprinkle with Cajun seasoning.
- Add pepper and a pinch of salt.
- Bake for 7 to 8 minutes, or until the pita chips are golden brown. Monitor toward the end of cooking. Healthy chips can be stored in an airtight container, away from moisture, for up to one week.

Fun dip

- Mix all ingredients in a food processor, except oil, for one minute.
- Scrape the side of the processor with a rubber spatula and process again.
- Keep processing while you add the oil in a thin stream through the opening on the lid of the food processor, in order to form an emulsion.
- Transfer to a bowl, season based on the chosen version, mix, and serve with vegetables or healthy chips.
- Can be kept in the refrigerator for up to three days.

NUTRITIONAL VALUES (PER SERVING)

Chips

167 Calories
Proteins 5 g
Lipids 5 g
Carbohydrates 26 g
Fibres 4 g
Sodium 255 mg

Fun dip

94 Calories
Proteins 3 g
Lipids 8 g
Carbohydrates 1 g
Fibres 0 g
Sodium 126 mg

Source: Cuisine futée. Parents pressés.

<http://cuisinefuteeparentspresses.telequebec.tv/recettes/20/croustillesante-et-trempepette-trippante>

GINGER ROOT TEA

INGREDIENTS:

5 ml fresh ginger, grated

250 ml water

PREPARATION

Combine all ingredients in a saucepan and bring to a boil.

Simmer for about 3 minutes.

Strain and serve.

You can add citrus peels to the ginger to add flavours.

You can add some orange juice, lemon juice or honey before serving.

Can be served hot or cold, as you prefer.

Ginger can be frozen.



AM I AT RISK?

Questions to ask myself about my alcohol consumption, drug consumption or gambling habits.



| | | |
|---|------------|-----------|
| Have you already tried to reduce your alcohol or drug consumption? | Yes | No |
| Has your alcohol or drug consumption already made people around you react? | Yes | No |
| Have you already told yourself that you were consuming too much alcohol or drugs? | Yes | No |
| On the morning following a day that you consumed a lot, did you notice any reaction from your body (e.g., need to drink water, shaking hands)? | Yes | No |
| In the past year, have you hidden or tried to hide your gambling habits to others? | Yes | No |
| In the past year, during a gambling session, have you played longer than initially planned? | Yes | No |

If you answered “yes” to at least one of these questions, you may be at risk of developing a consumption or gambling problem. Your situation can be examined closely. Consult your territory’s CLSC, a professional will be able to answer your questions and refer you to the appropriate service.

Do not hesitate, speak up before it is too late...

Source: Ministère de la Santé et des Services sociaux. Programme de formation en dépendances pour les centres de santé et de services sociaux, 2009

WHAT IS A STANDARD DRINK?



A glass of beer
340 ml / 12 oz.
5% alc./vol.

The equivalent of a standard bottle or can.



A glass of wine
140 ml / 5 oz.
12% alc./vol.

There are 6 glasses in a bottle.



A glass of spirits
45 ml / 1.5 oz.
40% alc./vol.



A glass of fortified wine
85 ml / 3 oz.
20% alc./vol.



Cider, malt beverages and premixed drinks are generally served in a 140 ml / 5 oz. glass. The alcohol content mentioned on the bottle must be considered. It varies between 2.5% and 20%.

MOCKTAIL RECIPES



Mojito

Ingredients for one person

21 ml mojito syrup
30 ml Caribbean syrup (rum flavour)
1 lime wedge
2 mint leaves
99 ml sparkling water

Directly in the glass

- Muddle the lime wedge
- Add the fresh mint and muddle it without crushing the leaves
- Add the rum flavoured syrup and the mojito syrup, as well as a few ice cubes or crushed ice
- Mix and top with sparkling water

Source: <http://www.1001cocktails.com/recettes/cocktails-sansalcool.html>



Bora bora

Ingredients for one person

99 ml pineapple juice
60 ml passion fruit juice
21 ml grenadine
9 ml lemon juice

- Combine all ingredients in a shaker
- Shake with ice
- Serve in a glass with ice and a straw, and garnish with a strawberry or an orange wheel

Source: <http://www.1001cocktails.com/recettes/cocktails-sansalcool.html>

SUGAR-FREE MOCKTAIL RECIPES



Strawberry sweetness

Ingredients (4 people)

2 L light lemonade
50 cl orange juice
5 cl strawberry syrup
500 g strawberries

- Combine halved strawberries, the syrup and orange juice in a bowl.
- Let marinate in the refrigerator for two hours.
- Add a few ice cubes and the lemonade just before serving.

Source: <https://www.freestylediabete.fr/mon-diabete/alimentation/5-boissons-sans-alcool-diabete-friendly.html>



Summer smoothie

Ingredients (4 people)

1 mango
2 peaches
The juice of 1 orange
20 cl almond milk
6 ice cubes

- Blend all ingredients until completely smooth.
- Serve chilled!

Source: <https://www.freestylediabete.fr/mon-diabete/alimentation/5-boissons-sans-alcool-diabete-friendly.html>

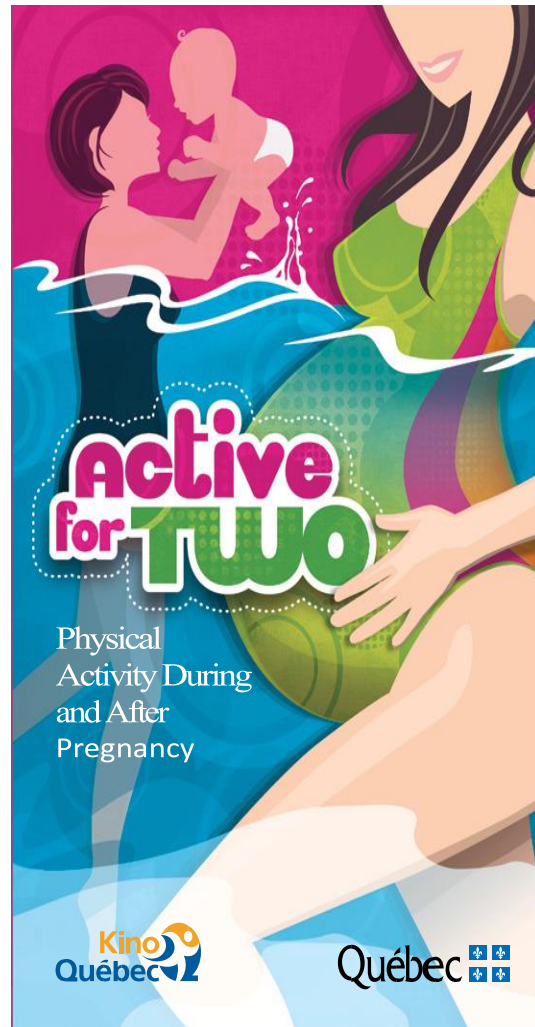
ACTIVE FOR TWO BROCHURE

English version:

http://www.education.gouv.qc.ca/fileadmin/site_web/documents/loisir-sport/BrochureActivePourLaVie2012_a.pdf

French version:

http://www.education.gouv.qc.ca/fileadmin/site_web/documents/loisir-sport/LS_BrochureActivePourLaVie_2014.pdf



COSMETICS, PAINT AND OTHERS!

Identify the risk level of using the following products during pregnancy, as long as the instructions for use are respected.

| Personal hygiene and household products | Safe | To avoid |
|--|--------------------|---|
| Furniture paint | X | |
| Essential oil | | X |
| Facial moisturizing cream | X | |
| Bubble bath | X | |
| Hair spray | X | |
| Aromatics (e.g., candles, aerosols, diffusers) | | X |
| Household cleaning products (Lestoil, Vim, Hertel, Mr. Clean, etc.) | X | |
| Suntan lotion | X | |
| DEET mosquito repellent | X in small amounts | |
| Epilation, electrolysis, laser | | X |
| Tanning salon | | X |
| Spas and saunas | | X |
| Paint stripper | | X |
| Hair dye | X | |
| Permanent | X | |
| Lemongrass or lavender-based mosquito repellent | | X |
| Deodorants | X | |
| Acne products containing retinoids | | X |
| Natural health products | | X unless otherwise recommended by the physician |

EVERYONE'S ROLES WITHIN A REGIONAL INTEGRATED PERINATAL SERVICES SYSTEM AS PART OF THE PREGNANCY FOLLOW-UP

| Establishment, professional or organization concerned | List of services |
|--|---|
| Role of the physician (general practitioner and specialist) within an integrated services system | <ul style="list-style-type: none"> • Pre, per and post medical follow-ups • Information on all available perinatal services as soon as possible in the early stages of pregnancy • Pre, per and post education • Reference to the CLSC by sending the pregnancy notice by fax, ideally. Otherwise, invite the mother to contact the CLSC in the early stages of pregnancy • Handing of the guide "From Tiny Tot to Toddler" |
| Role of the CLSC within an integrated services system | <ul style="list-style-type: none"> • Reception of the pregnancy notice from the physician, or of the parents' calls • Call and/or letter to parents for the registration to prenatal meetings • Free universal prenatal meetings • Use of a birth plan in relation with the hospital • Reception of the birth notice sheet from the hospital or midwife, seven days a week • Call within 24 hours following hospital discharge, seven days a week • Home visit within 72 hours following hospital discharge, seven days a week • Inform parents about the available local community resources |
| Role of the hospital within an integrated services system | <ul style="list-style-type: none"> • Data collection in relation with the birth plan • Hospital visit in relation with the CLSC prenatal meetings • Medical and nursing services surrounding the delivery • Education to the parents in relation with the CLSC and physician • Breastfeeding support • Sending of the birth notice sheet to the CLSC by fax |
| Role of the community organization within an integrated services system | <ul style="list-style-type: none"> • Breastfeeding support services, based on the territory • Respite/babysitting services, based on the territory |
| Role of Info-Santé | <ul style="list-style-type: none"> • Answer parents' calls and refer them to the relevant services |

Inspired by H  l  ne Rollin's document/DSPO/ February 12th, 2003

A FEW POSSIBLE INFECTIONS DURING PREGNANCY

| Infection | Description | Prevention | What to do? |
|--------------------|---|--|--|
| <p>Cold</p> | <ul style="list-style-type: none"> - Viral infection of the upper respiratory tract (nose and throat irritation, congestion, and cough). - NOT associated to fetal or maternal complications. | <ul style="list-style-type: none"> - Wash your hands regularly. - Sneeze and cough into the crook of your elbow. | <ul style="list-style-type: none"> - Rest. - Drink plenty of fluids. - Avoid smoking or being exposed to tobacco smoke. - Take acetaminophen and a saline solution if necessary. |
| <p>Flu</p> | <ul style="list-style-type: none"> - Caused by the influenza virus (shivers, muscle pain, fatigue, high fever). - The pregnant woman is not more at risk of getting the flu, but she is more vulnerable to the complications of this infection, which may eventually lead to miscarriages, premature deliveries and fetal deaths. The risk of complications for the pregnant woman is mainly present toward the end of the pregnancy. - Flu season: generally from December to April. | <ul style="list-style-type: none"> - Wash your hands regularly. - Sneeze and cough into the crook of your elbow. <p>Seasonal influenza vaccine: Indicated for pregnant women in their 2nd and 3rd trimester during the flu season.</p> | <ul style="list-style-type: none"> - Rest. - Drink plenty of fluids. - Avoid smoking or being exposed to tobacco smoke. - Take acetaminophen and a saline solution if necessary. - Consult a physician. |

| Infection | Description | Prevention | What to do? |
|--|---|---|---|
| Toxoplasmosis | <ul style="list-style-type: none"> - Secondary to exposure to a parasite in cat feces (litter, soil, etc.). - Possible consequences on the fetus. | <ul style="list-style-type: none"> Wash your hands after gardening. - Avoid cleaning the litter. - Properly wash fruits, vegetables and utensils, and cook meat thoroughly. | <ul style="list-style-type: none"> - Consult a physician. |
| Urinary tract infection | <ul style="list-style-type: none"> - Often caused by bacteria in urine. - Commonly asymptomatic. - Possible consequences on the pregnancy. | <ul style="list-style-type: none"> - Wipe from front to back. - Urinate after sexual intercourse. - Wash your genitals daily and after sexual intercourse. - Drink cranberry juice. | <ul style="list-style-type: none"> - Consult a physician. |
| Group B streptococcus | <ul style="list-style-type: none"> - Bacteria part of several women's normal vaginal flora, without causing symptoms. - Possible consequences for the baby, in certain circumstances (blood, brain, lungs, spinal cord). | <ul style="list-style-type: none"> - Routine screening toward the end of pregnancy. | <ul style="list-style-type: none"> - Preventive treatment during the delivery in positive women. |
| Sexually transmitted and blood-borne infections (STIs and BBIs) | <ul style="list-style-type: none"> - Several types of STIs and BBIs (gonorrhea, chlamydia, syphilis, hepatitis B, HIV, herpes). - Possible consequences on the fetus and/or the pregnancy and/or the baby. | <ul style="list-style-type: none"> - Safe sexual behaviours. | <ul style="list-style-type: none"> - Consult a physician. |

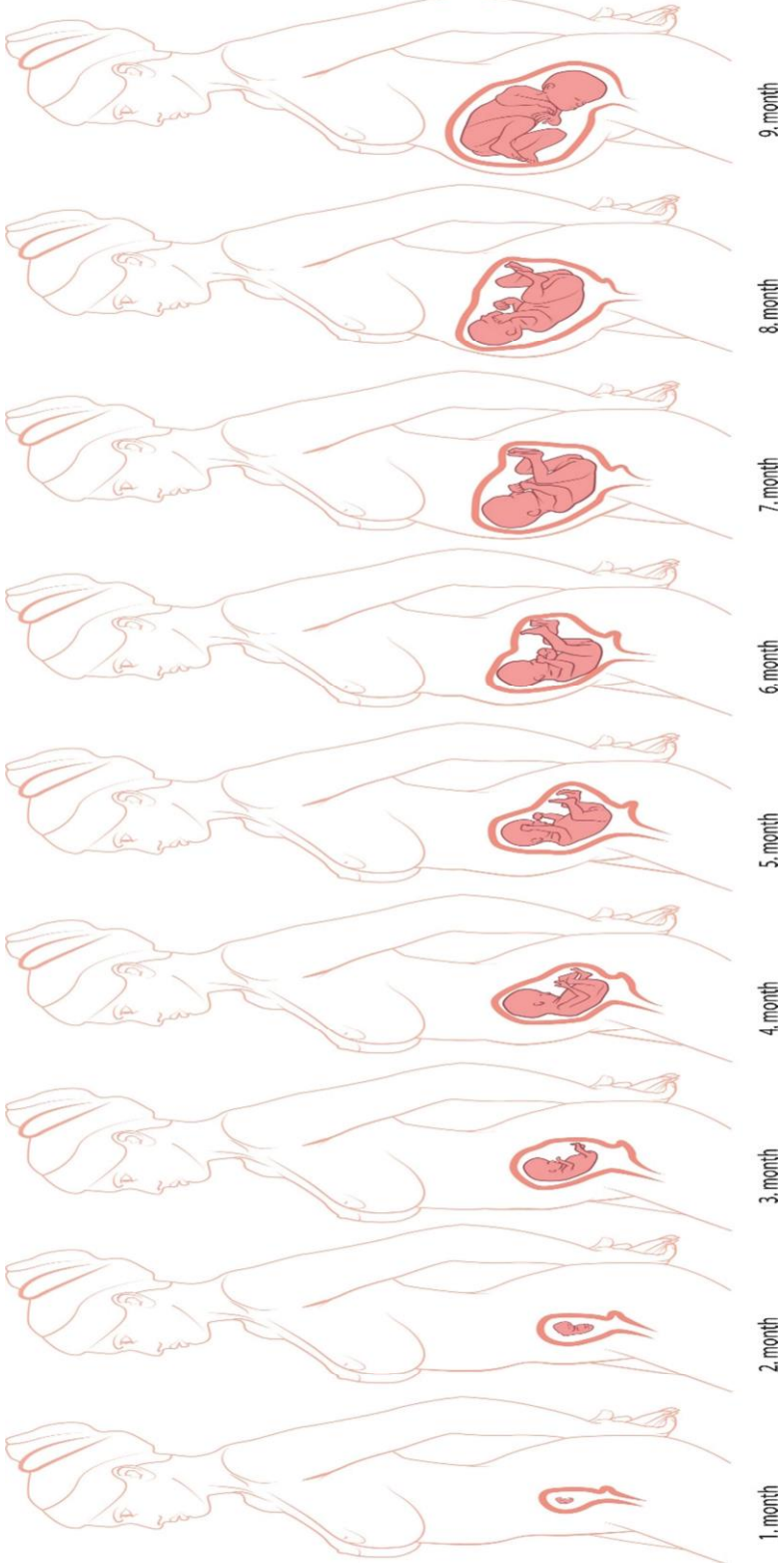
Abnormal signs and symptoms during pregnancy

During your pregnancy, you have to be vigilant and on the lookout for signs of possible complications. Do not hesitate to contact the physician or the maternity ward as soon as a symptom appears or seems concerning. These symptoms do not necessarily equate to a serious complication. Over 90% of women do not encounter any problem during their pregnancy, but forewarned is forearmed!

| SYMPTOMS | POSSIBLE COMPLICATIONS |
|--|---|
| <ul style="list-style-type: none"> - Pressure or pain (continuous or pulsating) felt in the lower back, stomach or pelvis. This pain or pressure is different from the one felt since the start of the pregnancy. - Contractions. Be careful, they can be totally non-painful. <i>If you have contractions every 10 minutes for one hour, or contractions that do not stop with rest, you better call or consult a physician, nurse or midwife for advice.</i> - Blood losses, even light, or increased vaginal discharge. - Cramps similar to menstrual cramps. - Intestinal cramps and/or diarrhea. | <p>In the early stages of pregnancy: risk of miscarriage or ectopic pregnancy</p> <p>During pregnancy (between the 23rd and 36th week): risk of premature labour and delivery</p> |
| <ul style="list-style-type: none"> - Fluid loss by the vagina, very liquid secretions. Bland odour. It is not urine. | <p>Risk of premature rupture of membranes and premature delivery</p> |
| <ul style="list-style-type: none"> - Rapid weight gain (over 400 g per week). - Swollen feet, face and hands. Persistent headaches. - Blurred vision, feeling of a flash in front of the eyes. - Cramping in the lower stomach, difficulty urinating. | <p>Risk of pregnancy hypertension, eclampsia and premature delivery</p> |
| <ul style="list-style-type: none"> - Frequent urination and burning sensation when urinating. Stomach and kidney pain. Possible fever. | <p>Risk of urinary tract infection</p> |
| <ul style="list-style-type: none"> - Fever. Lymph nodes can be felt in the neck area. - Rash in a given area of the body. | <p>Risk of infectious disease</p> |

Inspired by the summary table prepared by the Association des parents d'enfants prématurés du Québec (APEP)
Adapted from Harrison (1983) and Pernoud (1990)
Programme cadre de rencontres prénatales de la région de Québec, 2002.

GROWTH OF THE BABY IN THE UTERUS



FOR MORE INFORMATION

- From Tiny Tot to Toddler de la grossesse à deux ans.
 - Pregnancy section – Everyday life during pregnancy
 - Health during pregnancy
 - Useful information section – Becoming a parent

<https://www.inspq.qc.ca/en/tiny-tot>

Healthy diet

- Canada's food guide: <https://food-guide.canada.ca/en/>
- Défi Santé 5/30 Équilibre (French only): <https://www.defisante.ca/>
- Brochures:
 - A Practical and User-Friendly Guide / Breakfasts + Snacks + Lunches
 - Lunch Time Recipe Cards
 - Spin-a-Smoothie

These brochures must be ordered here:

https://www.dairynutrition.ca/resource/resource-listing?profile=p5_HP

- Weight gain during pregnancy
<https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>
- Pregnancy Weight Gain Calculator
<https://sante.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/prenatal-nutrition/pregnancy-weight-gain-calculator.html>
- Document on food safety for pregnant women
<https://www.canada.ca/content/dam/canada/health-canada/migration/healthy-canadians/alt/pdf/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/vulnerable-populations/pregnant-enceintes-eng.pdf>

Physically active lifestyle

- Active pour la vie. L'activité physique pendant et après la grossesse (French only)
<http://www.kino-quebec.qc.ca/publications/ActivitePhysiqueGrossesse.pdf>
- Défi Santé 5/30 Équilibre (French only): <https://www.defisante.ca/>

Tobacco, alcohol and drugs

- Make Your Home and Car Smoke-free, a guide to protecting your family from second-hand smoke: <https://www.canada.ca/content/dam/canada/health-canada/migration/healthy-canadians/publications/healthy-living-vie-saine/smoke-free-brochure-sans-fumee/alt/smoke-free-brochure-sans-fumee-eng.pdf>
- Famille sans fumée (French only): <http://famillesansfume.ca/>
- Votre guide pour cesser de fumer (for parents who smoke) (French only): <https://pq.poumon.ca/wp-content/uploads/2019/08/votre-guide-pour-cesser-de-fumer.pdf>

Travel

- Road safety. Pregnant women: <https://saaq.gouv.qc.ca/en/road-safety/behaviours/seat-belts/pregnant-and-properly-buckled-in/>

Professionals and services

- For a Safe Maternity Experience Program (French only): <https://www.cnesst.gouv.qc.ca/Publications/200/Documents/DC200-1024web.pdf>
- Québec Parental Insurance Plan: <http://www.rqap.gouv.qc.ca/en>

