

- Consider a varied diet including foods that have protein (e.g. meat, soy, beans), fiber (e.g. whole grains, brown rice, oats), calcium (e.g. dairy products, fortified soy drinks), iron (e.g. red meats, spinach), and vitamins (fruit, vegetables and grains).
- Talk to your health care provider about alcohol, over-the-counter, prescription, or recreational drugs, and cigarette use.
- If you are HIV positive, let your health care provider know.
- Here are some resources that may be helpful. They can be gendered and directive (e.g. they use the word “should” a lot). Choose the information that is right for you and talk to your health care provider if you have any questions:
 - Society of Obstetrics and Gynecology Pregnancy Resource: pregnancyinfo.ca.
 - Toronto Public Health free pregnancy health, nutrition, and parenting programs: toronto.ca/health/pregnancy.

For youth ages 13-29

Planned Parenthood Toronto Health Services

Offers drop-in and scheduled appointments
Call 416-961-0113 or visit www.ppt.on.ca

For youth ages 13-19

Teen Health Source

Offers anonymous and confidential sexual health information for teens by teens.
Text (647) 905-6455, call (416) 961-3200, email teenhealthsource@ppt.on.ca
Chat online and visit www.teenhealthsource.com

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pregnancy options series

having a baby

Planned Parenthood Toronto (PPT) is a pro-choice organization. When you are pregnant, we believe that you have the right to access factual, caring and non-judgmental information and services on all 3 of your options: abortion, adoption and parenting. If you need support with decision making, contact PPT to book an appointment.

Below is some information about continuing with a pregnancy.

Prenatal Care

Prenatal care is the care that you receive from a health care provider during your pregnancy. This includes check ups and support. Checking in with a health care provider early on in your pregnancy can help you plan your prenatal care.

- You can choose a family doctor, nurse practitioner, midwife or obstetrician to be your caregiver during your pregnancy.
- One provider may do all the prenatal care, or care may be shared which means two providers share the care of the pregnant client.

PPT currently does not have the capacity to provide prenatal care.

Family Doctor or Nurse Practitioner

- A family doctor or nurse practitioner can provide prenatal care, but may not provide care for delivery and may transfer care to another provider toward the end of the pregnancy. Some family doctors can also deliver babies (obstetrics) and can provide all your prenatal care throughout pregnancy and delivery.
- Doctors who deliver babies do so in hospitals.
- If you would like a family doctor who can provide obstetrical care, you can go to the College of Physicians and Surgeons of Ontario website at cpso.on.ca and use the “Doctor Search” tool to find a doctor in your area. Call to ask if they provide obstetrical care.
- If you already have a family doctor, you can ask if they provide obstetrical care. If not, they may provide “shared care” which

means they share the care of pregnant clients with an obstetrician.

Obstetrician (OB)

- An obstetrician (OB) is a doctor who specializes in caring for pregnant people and delivering babies. They can care for you for the entire length of your pregnancy or can take over the complete care towards the end of the pregnancy and for the delivery.
- Obstetricians deliver babies in hospitals.
- To get an obstetrician you need a referral from a family doctor or nurse practitioner. You can't book with an obstetrician directly.
- Obstetricians are free if you have an Ontario health card (OHIP).

Midwife

- A midwife is a registered health care professional who provides primary care to people with low-risk pregnancies during their pregnancy, labour and birth. They also provide care after the delivery (postnatal care) to both birth parent and baby.
- With a midwife, you can choose to deliver at home, in a hospital, or in a birth centre if there's one in your area. For more info on the birth centre in Toronto visit torontobirthcentre.ca.
- To find a midwife, visit the Association of Ontario Midwives website at ontariomidwives.ca and use the "Find a Midwife" tool to find a midwife/midwifery practice in your area. Note that many midwifery practices have catchment areas (an area you need to live in to receive service from their agency). PPT can also help you find a midwife.
- If you are Indigenous and would like an Indigenous midwife you can search for one here: ontariomidwives.ca/indigenous-midwifery.
- Midwifery services are free with or without a health card; if you do not have health coverage, see the information on the next page.

Other Support: Doulas

- Doulas are not medical professionals, but are people who provide practical and emotional support during pregnancy, labour, birth, and after delivery.
- Doula services aren't covered by Ontario health cards but some doulas offer services at reduced cost. Visit ontariodoulas.org for more info or ask your health care provider about doulas near you.

People who are not insured in Canada

- Midwives can provide free prenatal and postnatal care to uninsured people with low-risk pregnancies who live in Ontario.

- Many Community Health Centres (CHCs) provide free prenatal checkups and care to people with or without a health card. Care will still need to be transferred to a midwife or obstetrician near the end of pregnancy and for delivery of the baby:
 - **Women's Health in Women's Hands** (women of colour/black women): www.whiwh.com or 416-593-7655.
 - **Access Alliance Multicultural CHC** (newcomers, immigrants, refugees): www.accessalliance.ca or 416-324-8677.
 - To locate a CHC in your area, visit allianceon.org and click "Find a Centre".
- If you deliver in a hospital, either with an obstetrician or a midwife, you will have to pay hospital fees. These can range from hundreds to thousands of dollars per day stayed depending on the hospital and type of care. If you are delivering in a hospital and are experiencing financial hardship, you may be able to arrange a payment plan through the financial department of the hospital. PPT's Case Coordinator may be able to help advocate for you with the hospital.

Early pregnancy symptoms

In the first few months of your pregnancy you may experience:

- Frequent urination
- Nausea and vomiting (also called morning sickness)
- Tender breasts/chest
- Moodiness
- Fatigue

These symptoms are normal and some will go away after the first three months of your pregnancy. If your symptoms are hard for you to manage, or you are experiencing any vaginal bleeding or cramping, check in with your health care provider.

Some things to consider during pregnancy

- There is no need to take birth control during pregnancy. If you are on the birth control pill, ring or patch you can stop using it.
- A multivitamin that contains folic acid (0.4-1.0mg/day) can help prevent birth defects. Eating folate-rich foods such as lentils and beans, nuts, dark green leafy vegetables and whole grain breads can also be beneficial.