

Healthy Pregnancy–Healthy Baby

A NEW LIFE

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Congratulations on your pregnancy!

This is a time of joy and promise. It's the start of a new life for you, your baby and your family.

It may also be a time when you have questions and worry.

There are many things you need to know as you live through the coming months. You won't find everything you need to know in this book. We suggest you take prenatal classes and that you read books and magazines. Your library and the Internet are good places to learn more. In fact, there is so much information around that you might feel that it's too much!

Remember that your pregnancy is special and personal. No two pregnancies are the same. What happens to you will be different from what you read about and different from what may have happened to your mother, sister or friends. Take time to think about what you read and hear. Most of the time, your own common sense will be a good guide. Take your questions to your prenatal class health care provider. Above all, have fun! Enjoy the changes in your body and your growing baby.

A New Life is also an on-line prenatal program that includes eight learning modules intended for the mother to be, her partner and her family.

Web Site: <http://www.nb.unvanl.ca>

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