

Availability for loan:

GH 100 D68 2008 Health Information & Wellness Centre, both locations
612.64 DOU Mississauga Library System
612.64 DOU Toronto Public Library System

Life With a New Baby: Dealing with Postpartum Mood Disorders. (DVD) Toronto: Best Start Resource Centre, 2006. 17 min.

This DVD aims to make families aware of the emotional challenges of adjusting to life with a new baby. It deals with postpartum blues, postpartum depression, and other mood disorders and features interviews with real mothers and their families.

Availability fo loan:

GH 410 B38 2006 Health Information & Wellness Centre, both locations

Also see our HealthFinders entitled Women's Health and Children's Health

COMMUNITY RESOURCES

Birthing Services / Childbirth Education Program

Trillium Health Centre
100 Queensway West,
Mississauga, ON L5B 1B8
Tel: 905-848-7653

Prenatal and Infant Care Services

Peel Public Health
Tel: 905-799-7700

Toronto Public Health
Tel: 416-338-7600

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga
100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto
150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System
905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library
416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

**Pregnancy and
Childbirth**



INTERNET SITES

Women's Health Matters

<http://www.womenshealthmatters.ca/centres/pregnancy>

Women's health experts from the New Women's College Hospital developed this site and play an ongoing role in its expansion and review. The pregnancy section features useful information on all aspects of pregnancy and childbirth from preconception planning to caring for the newborn.

Society of Obstetricians and Gynaecologists of Canada

<http://www.sogc.org>

This site, whilst aimed at health professionals, also offers helpful information for the consumer. At the homepage click on Women's Health Information listed in the left hand column, and then choose Pregnancy to access authoritative articles on pregnancy, childbirth and other related topics.

Lamaze International <http://www.lamaze.org>

The mission of Lamaze International is to promote, support and protect normal birth through education and advocacy. The site is full of information for expectant and new parents, including tips for a healthy pregnancy and normal birth, and an excellent recommended reading list.

La Leche League Canada

<http://www.lllc.ca/>

The La Leche league encourages, promotes and provides mother-to-mother breastfeeding support to give babies the best possible start. The Canadian site features a wealth of information about breastfeeding and its benefits, and provides information about how to find a La

Leche group in your community.

Motherisk <http://www.motherisk.org>

This is the site of the Motherisk research program at the Hospital for Sick Children in Toronto. It provides authoritative information regarding the risks to the fetus associated with drug, chemical, infection, disease and radiation exposures during pregnancy.

BOOKS & DVDs

The Whole Pregnancy Handbook by Joel M. Evans. New York: Gotham, 2005

This guide combines the best of conventional and alternative medicine at every stage of pregnancy. Techniques covered include massage, acupuncture, yoga and mind/body exercises. There are also chapters on pain management during labour and the best practices of doulas and midwives.

Availability for loan:

GH 100 E82 2005 Health Information & Wellness Centre, Mississauga
618.2 EVA Mississauga Library System
618.2 EVA Toronto Public Library System

The Complete Guide to Everyday Risks in Pregnancy & Breastfeeding by Gideon Koren. Toronto: Hospital for Sick Children & Robert Rose, 2004

This easy-to-understand volume provides descriptions of risks during pregnancy and breastfeeding from drugs, chemicals, infection, disease and radiation exposures. It is authored by the director of the Motherisk program at The Hospital for Sick Children.

Availability for loan:

GH 100 K67 2004 Health Information & Wellness Centre, both locations

618.24 KOR Mississauga Library System
618.24 KOR Toronto Public Library System

What to Eat Before, During, and After Pregnancy by Judith E. Brown. New York: McGraw-Hill, 2006

This useful book provides the latest recommendations for following a balanced diet throughout pregnancy and breast-feeding. It includes guidelines for preventing gestational diabetes, preeclampsia, and preterm delivery.

Availability for loan:

GH 260 B76 2006 Health Information & Wellness Centre, 2006
618.242 BRO Mississauga Library System
618.242 BRO Toronto Public Library System

Healthy Pregnancy over 35 by Laura Goetzl and Regine Harford. New York: DK Publishing, 2005

This book is an excellent resource for women considering pregnancy somewhat later in life. It begins with detailed explanations of fertility and how to increase the chances of becoming pregnant, followed by a step-by-step guide through each trimester, as well as labour and delivery.

Availability for loan:

GH 110 G63 2005 Health Information & Wellness Centre, both locations
618.2 GOE Toronto Public Library System

Your Developing Baby: Conception to Birth by Peter M. Doubilet & others. New York: McGraw-Hill, 2008

This is a beautiful guide to your baby's development from conception to delivery. It includes more than 200 2D and 3D ultrasound images of faces, limbs, and other features, as well as visual pointers on what to look for on the screen.