



PUBLIC HEALTH NOTES

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Growing a Healthy Baby:

RCDHU new Online Prenatal Education Program



RCDHU is excited to announce the launch of the Online Prenatal Education Program called "Growing a Healthy Baby". Launched in June 2020, RCDHU Online Prenatal Education Program is adapted from Public Health Sudbury & Districts.

WHY CHOOSE ONLINE PRENATAL EDUCATION?

"Growing a Healthy Baby" is a free program, currently offered in English, and can be accessed from a computer, tablet and/or smartphone. Participants can stop and continue the program where they left off as needed. Also, participants can have access to a Public Health Nurse at RCDHU for any questions and/or concerns.

WHAT IS COVERED WITHIN THE PROGRAM?

The Online Prenatal Education Program provides flexible and interactive learning, which includes activities, videos and resources embedded in each module. Modules included within "Growing a Healthy Baby" are as follows:

1. Understanding Pregnancy
2. Healthy Lifestyles During Pregnancy
3. The First Hours After Birth
4. Feeding Your Baby
5. Life with Your New Baby
6. Keeping Your Baby Safe
7. Community Resources

WHAT ADDITIONAL RESOURCES ARE AVAILABLE?

To supplement "Growing a Healthy Baby" modules, labour and birth resources are available on the Omama website at: www.omama.com under "Labor & Birth".

In addition, resources from all modules included within In-person Prenatal Classes can be found on the RCDHU website. The resources can be accessed at www.rcdhu.com/clinics-classes/prenatal-education/ under "Prenatal Classes and Breastfeeding ABCs Handouts".

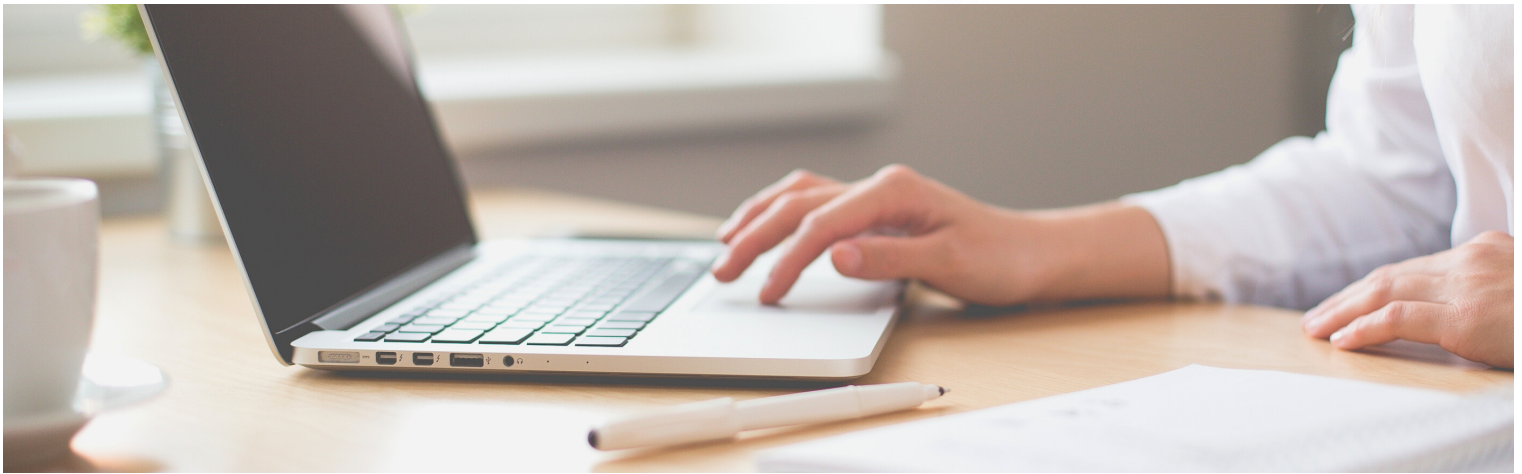
HOW TO REGISTER?

For any questions and/or to register for "Growing a Healthy Baby", participants can connect with the RCDHU Healthy Families team by:

- phone: 613-735-8651 ext. 589 or 1-800-267-1097 ext. 589) OR
- email: familyhealth@rcdhu.com.

HOW TO GET MORE INFORMATION?

For more information about "Growing a Healthy Baby", visit RCDHU website at: www.rcdhu.com/clinics-classes/prenatal-education/. RCDHU Online Prenatal Education Program can be promoted with the attached flyer available in PDF.



RCDHU ONLINE PRENATAL EDUCATION PROGRAM

Growing a Healthy Baby

Topics include:

- 1) Understanding Pregnancy
- 2) Healthy Lifestyles During Pregnancy
- 3) The First Hours After Birth
- 4) Feeding Your Baby
- 5) Life with Your New Baby
- 6) Keeping Your Baby Safe
- 7) Community Resources

For more information & to register:

- 1) *Visit:* www.rcdhu.com (click on "clinics & classes", "prenatal education")
- 2) *Call:* 613-735-8651, ext. 589
OR 1-800-267-1097, ext. 589
- 3) *Email:* familyhealth@rcdhu.com

The program is **free** and can be accessed from your computer, tablet or smartphone.

