

# PRENATAL RESOURCES

FREDERICTON AND UPPER RIVER VALLEY PUBLIC HEALTH  
HEALTHY FAMILY HEALTHY BABIES PROGRAM

Check out these links to reputable  
websites on a variety of prenatal topics.

## PRENATAL PROGRAMS

- Prenatal Benefit Program: Call 1- 888-444-8838
- [A New Life](#): Online program for pregnant moms, their partners and family.
- Family Resource Center Prenatal Classes  
[Fredericton Family Resource Center](#): Brittney McKeil- prenatal@frederictonfrc.ca
- [Chipman Family Resource Center](#): Jennifer Clarke - jenifer.clarke@frc-crf.com
- [Valley Family Resource Center](#): Sue McLaughlin - sue.mclaughlin@frc-crg.com Call 323-9293 / 325-2299
- [Gagetown Military Family Resource Center](#): Lisa O'Brien - lisa.oblenis@forces.gc.ca - 422-1663

## NUTRITION

- [Why Healthy Eating Matters](#)
- [Eating for a Healthy Pregnancy](#)
- [Baby be Healthy: Sobeys Pharmacy- Free Prenatal Vitamins](#)

## INFANT FEEDING

- [Breastfeeding Your Baby](#)
- [Prenatal Breastfeeding Class](#)
- [Coronavirus and Breastfeeding](#)
- [Coronavirus and Breastfeeding La Leche League International](#)
- [Formula Feeding Resource](#)
- [Safely Preparing Infant Formula Video](#)
- [Skin to Skin](#)
- [First Droplets](#)

## SMOKING CESSATION

- [Help to Quit Smoking during Pregnancy](#)
- [Break It Off](#): Helps young adults quit smoking and stay smoke-free.
- Health Canada: [Smoking in Pregnancy and Impact on Health](#)
- [Pregnancy and Cannabis](#)

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## BEST START RESOURCES

- [Best Start](#)
- [Important Signs to Watch for if you are Pregnant](#)
- [Your Guide to Labor and Birth](#)
- [Your Guide to Postpartum](#)

## LABOUR AND DELIVERY

- [Labour and Delivery Videos](#)  
(part 1-5)
- [Frequently Asked Questions](#)

## CARING FOR BABY AND MOM

- [Loving Care Birth to 6 Months](#)
- [Post Partum Mental Health](#)
- [Mental Health /Addictions](#)
- [Mobile Crisis Unit](#)
- [211](#)
- [Canadian Mental Health Association - NB](#)

## PUBLIC HEALTH

- **Healthy Families Intake Line**  
(506) 444-4866 (Fredericton)  
(506) 325-4697 (Upper River Valley)