



**We | come**  
to the South Community Birth Program



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Clinic Phone: 604.324.2201   Clinic Fax: 604.324.2205   On-Call Midwife/Doctor: 604.875.2161

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## **WELCOME!**

Welcome to the South Community Birth Program! We offer you complete care during your pregnancy, labour, birth and after your baby arrives.



## **HOW TO PAGE THE ON-CALL CARE PROVIDER**

If you need to speak to our on-call care provider, please **call BC Women's Hospital paging at 604-875-2161** and **ask for the doctor or midwife on-call for the South Community Birth Program (SCBP)**.



## **WHAT MAKES THE PROGRAM DIFFERENT?**

### ***Collaborative Team Approach***

You will be cared for and supported by the SCBP team of family doctors, midwives, nurses and doulas. Approximately six-weeks after your baby is born, you will be discharged back to your family physician. If you do not have a family physician, we will help you to find one to care for you and your baby after you leave SCBP.

The six family doctors and midwives all share the same philosophy of care and strive to keep birth normal. We work hard to provide you with a seamless transition from one on-call provider to the next. SCBP is the only program in Canada where midwives and family doctors work collaboratively and fully share the care of women and their families.

You will receive your care from both doctors and midwives throughout your pregnancy, during your labour and birth, and after the baby arrives. When you go into labour, either a doctor or midwife will be on call and be present throughout your labour and when your baby is born. We rotate our call and one of us is available to address your concerns and attend you in labour 24 hours a day, 7 days a week. We strive to return all of our pages within 15 minutes.

Our SCBP nurse and breastfeeding expert, Lori Wolfe, is very involved in your care postpartum, helping you establish *and enjoy* breastfeeding. Lori has a large supply of breast pumps and loans them out to patients when needed. Lori also facilitates an afternoon postpartum drop-in clinic every Wednesday, from 12:00pm to 2:00pm, where each week a different topic is discussed (schedule of topics is listed on our website). These clinics are designed to help you adjust to your exciting and sometimes challenging new life as a parent. The list of topics is posted in our Connecting Pregnancy space. Everyone is welcome to attend after the birth of their baby and the next six months.

## ***Connecting Pregnancy Group Care***

Your first few appointments are done one-on-one with a doctor or midwife, where all testing, and physical exams are completed. Around 18 to 20 weeks of pregnancy, you will be invited to join a Connecting Pregnancy (CP) group with 10 or 11 other women or couples who are due to have their baby the same month as you. Each group is facilitated by a doctor or midwife, alongside our doula coordinator, Jalana, or one of our nurses, Lori and Shahin. The CP groups are 10 regular two-hour sessions. They run throughout your pregnancy and after the baby has arrived. They are held once a month for four months, and then every two weeks. At each group session, you will take your own blood pressure and weight and test your urine. You will then have a few minutes alone (*“the 3 minute belly check”*) with your CP doctor or midwife facilitator for mom and baby medical check-up. If there are complications requiring a private visit with a care provider, this is booked outside the CP group. Along with the other members of your group, you will learn about important issues related to pregnancy and birth such as: nutrition with a dietician (she makes it fun!), exercise during pregnancy and back care from a physiotherapist, relaxation and comfort measures for labour, the process of labour and birth, and what to expect in the hospital. Pain management options, water birth, breastfeeding and infant care are all discussed. Several DVDs on birth and babies are shown. The group setting allows you more time to ask questions, discuss concerns, and get to know your doctor or midwife as well as the other families in the group. It is also a great opportunity to meet other pregnant women, make friends and share ideas; many of the women (and families) attending CP groups continue to meet after the CP sessions have ended.

***The Connecting Pregnancy group meeting space is located next door to our clinic offices at 5850 Fraser Street.***

If you chose *not* to attend a CP group, you will continue your care one-on-one throughout your pregnancy with a doctor and/or midwife. You will be assigned to see two care providers throughout your pregnancy and we encourage you to book your appointments with one or the other. You can attend our monthly *Meet the Team* nights to meet the rest of the careprovider team!

## ***Doula Care***

A doula provides you with continuous one-on-one physical and emotional support while you are in labour and giving birth. The doula does *not* provide clinical care nor does she take the place of your partner during the labour. She works with your partner and family members to ensure your physical and emotional needs are met. All of our doulas have a “bag of tricks” that include items such as massage oils and a TENS (Transcutaneous Electrical Nerve Stimulation) machine to help you during your labour.

Every effort is made to match you with a doula that speaks your first language. Currently we have 40 doulas and 22 language groups including; Punjabi, Hindi, Gujarati, Urdu, Indonesian, Tamil, Bengali, Japanese, Tagalog, Cebuano, Ilocano, Czech, German, Slovak, Spanish, French, Italian, Mandarin, Cantonese, and American Sign Language.

The doulas work together as a team to meet the individual needs of women at SCBP. As well, they provide back-up and support to each other when needed (e.g., two women in labour at the same time). They are all dedicated and proud to be a part of this unique program and we are so very lucky to have them!

The SCBP provides doula support at no cost to you. The doulas receive a small honorarium from BC Women’s Hospital. We gratefully accept donations to our doula program through our charitable foundation, ***Families at the Centre*** (see page 11), which we use for buying them tools and continuing education. Many of our patients cannot afford to contribute, but we are very grateful for donations from those patients that can help.

## *Preparation for Birth Workshop*

Jalana, our doula coordinator, and Michelle MacLean, one of our senior doulas, offer a “Preparation for Birth” workshop at SCBP for those families *not* attending CP groups. This is held in one-day (6 hours) at SCBP. Ask Min for details of when they are held.

## *Meet the Team Night*

At SCBP you will get to know your CP facilitator very well as the majority of your prenatal care will be done by the doctor or midwife facilitating your group. This continuity is good for your care, as she will know your history and your desired birth plan. Your history and birth plan are communicated to all of the SCBP doctors and midwives, who may be on-call to attend you in labour. While we all share the same philosophy of care, we know that it is important to see a familiar face in labour. In order to make you more comfortable with our team we hold “Meet the Team” events once a month from 5:30pm to 7:00pm. You will receive an invitation to attend when your due date is coming up.

For example, if your due date is in March, you are invited to attend this event in January or February. All of the SCBP team are there; the doctors and midwives, our nurse Lori, our doula coordinator Jalana, as well as some of our doulas. You join a small group and we all “speed date” around the room. We circulate in teams and when the bell rings, we move to the next group. The next “date” to join you may be our nurse, or a few of our doulas. You can ask us any questions you want as we join your groups.

**“Meet the Team” night takes place in our Connecting Pregnancy group meeting space at 5850 Fraser Street from 5:30 to 7:00 pm. You will receive notice a month or two before your baby is due to born.**



## THE MIDWIVES AND FAMILY DOCTORS OF SCBP

### Jane Dewhurst – Registered Midwife



Jane is a midwife originally from Lancashire in the NW of England- not far from Coronation Street. Jane completed her Nursing degree at Sheffield Hallam University in 1997 and began her nursing career in London at Guy's & St Thomas' hospital. She worked in many areas including surgical, medical and intensive care and wrapped up her London life as a Senior Staff Nurse specializing in palliative care. Jane found her calling to midwifery whilst working and travelling in Australia. The obstetric & gynecology wards were combined and she inspired by the midwives working there. On returning to the UK, she went into a midwifery learning frenzy and obtained her Midwifery degree from Cardiff University, Wales in 2003. Jane first worked as a midwife in Manchester at St Mary's Hospital. In 2008, she came to Canada as a labour and delivery room nurse at BC Women's hospital. She never lost her passion to be a midwife and in 2011, she completed her Midwifery Bridging Program at UBC to train as a midwife - again! In her spare time she loves to play her tenor horn in a local Brass band and likes to cycle, walk, travel and brew wine, mead and beer.

### Linda Knox – Registered Midwife, Department Head of Midwifery at BC Women's Hospital



Linda is a registered midwife with over 25 years experience caring for women and their families throughout the childbearing cycle. She has contributed politically over many years to the establishment of midwifery as a regulated profession in BC. She was a partner, with Lee, in the first community based midwifery practice in Vancouver and is a Clinical Assistant Professor for the Division of Midwifery in the Department of Family Practice at UBC. She is currently the Head of the Department of Midwifery at BC Women's hospital and St. Paul's hospital. She has been a member of the SCBP team since its inception and loves the multi-disciplinary approach to care. She has 3 grown children, Jasmine, Tanya and Tyson, two very cute grandsons, Liam and Wyatt and an energetic Schnauzer, Harley! Linda enjoys martial arts, fitness training, biking, kayaking, and reading. She loves to travel the world and this year she will go to Mexico and Kenya.

### Kiran Nayar – Family Physician, SCBP Director of Student Education



Kiran is a family physician originally from Montreal. She grew up accompanying her mother, a family physician, on her hospital rounds. She followed in mother's footsteps and completed her medical degree at McGill University in Montreal at the tender age of 23! We call her Doogie... After finishing her family practice residency she worked throughout rural BC, Haida Gwaii and the Canadian Arctic. After practicing medicine in the North, she was so excited to settle in beautiful Vancouver and join the dynamic and truly collaborative SCBP team of careproviders. Kiran enjoys teaching and mentoring our midwifery, nurse practitioner and medical students - and she organizes them all - no easy task! She loves providing maternity care and has a special interest in adolescent and aboriginal health care. Kiran speaks French, loves to cook, dance, and travel the world. She is currently learning (read: humbly trying) to surf. This year she has travelled to Sri Lanka and is heading to Costa Rica and Haida Gwaii this summer. She is also a wine and food connoisseur and spends time in Okanagan Falls, with her dearest foodie friends!

### Sarah Olson – Family Physician



Sarah is a recent graduate of the St. Paul's Family Medicine residency program. She trained with the South team in her last few months of her residency and couldn't be more honored and excited to be joining the team! She's originally from Saskatchewan and grew up in a very big and very musical family - three part harmonies in the car and at the dinner table were not uncommon. In 1997, her family loaded up the van and moved to the West Coast and she's never looked back. Sarah has a special interest in inter-disciplinary practice, holistic medicine and well-woman care throughout the life cycle. She will be doing some general practice well-woman and baby care clinics to accompany her work with the families at South. She's blessed to have a chef for a husband and loves good food and wine, as well and dancing, yoga and being outdoors. Now that she has finished her residency she is hoping she will have time to dust off her guitar and spend more time enjoying life in this beautiful city.

### Amanda Reid – Registered Midwife



Mandy started exploring midwifery in West Africa in her early twenties and knew it was the path for her when she witnessed her first birth. She did her nursing training at UBC and became an RN in 2005. She then trained as a midwife at a birth centre in Bali, Indonesia, where she returned 3 times to deepen her knowledge of midwifery. She graduated from Ryerson University's International Midwifery Pre-Registration program in 2008 and became licensed to practice midwifery in Canada. She practiced for one year in rural Ontario caring for primarily Amish and Mennonite families, attending primarily home births in this community. Just prior to joining SCBP in August 2010, she volunteered as a midwife in Haiti, caring for people affected by the earthquake. She speaks French, some Indonesian and is currently learning Spanish. Like the rest of the SCBP team, she is an avid traveler, loves music, and spends her spare time doing yoga or making art. *Mandy is on maternity leave with her own little baby boy, Fynn. She will return to work September, 2013.*

### Lena Rowat – Registered Midwife



Born and raised in Vancouver, Lena was exposed to birth from an early age with her mother who practiced obstetrics as a family doctor. After receiving her Bachelor of Arts from Smith College in the US, she chose to pursue a youthful career of mountain adventure - teaching skiing, planting trees, and leading mountain expeditions. During this time she accomplished her goal to ski through the wilderness from Vancouver to the Yukon, to climb Canada's highest peak. After a few months spent in medical school she realized her true calling was midwifery. She was fortunate to attend births in a hospital in Ethiopia, and while completing her midwifery training in Texas, where she worked largely with migrant Mexican families, she learned of the creation of SCBP and knew that this was where she wanted to practice upon returning to Vancouver. After practicing in Ontario, this became reality in the spring of 2009. Lena feels a great pride and joy to be part of the innovative and excellent team and program that we have here at SCBP. As of 2010 when she visited her sister in Australia, Lena has visited every continent. She loves to ski, climb and spend time in the mountains. She tries to spend up to a month every spring beyond the reach of roads, internet, & cell phones, out in the wilderness of BC on skis with close family & friends.

### **Joan Robillard – Family Physician, SCBP Director of Connecting Pregnancy Group Care**



Joan is a family physician originally from Montreal. She completed her medical school education at the University of Manitoba in 1985, and practiced in rural Quebec for 7 years prior to moving to Vancouver in 1993. She enjoys teaching and holds a Clinical Associate Professorship at UBC. She has been active in the women's movement and has provided maternity care for women from all walks of life for more than twenty years. She has been a member of the SCBP team since its inception and coordinates all of our midwifery, medical and nursing student placements. Joan lives with her identical twin sister Claire. Her partner Judith passed away in 2011, and Judith's daughter, Carolina, the mother of Joan's two gorgeous granddaughters, Stella and Paloma, has been a doula in our program. Joan speaks French and a little Spanish. She sings in a choir and loves to dance. She looks forward to traveling the world.

### **Elizabeth Ryan – Registered Midwife**



Liz is the eldest of six children and grew up on sheep station north of Melbourne, Australia, where she first attended births (animals) in natural settings. Liz has been a midwife for over 25 years and a nurse for longer than she can remember. She has worked in a variety of settings, including BC Women's Hospital in their midwifery pilot project prior to the registration of midwifery in B.C. in 1998, where she was Department Head of Midwifery for several years after registration of midwifery. She passed the torch to Lee! She is a Clinical Associate Professor for Division of Midwifery in the Department of Family Practice at UBC and was a former faculty member for several years, along with Lee. She is deeply committed to enhancing our learners experience at SCBP. Liz retired in 2008 from her private midwifery practice in False Creek. The SCBP team gave her a two week grace period before pouncing and asking her to join our team! She was already missing being with the families during their journey through pregnancy and birth and is very happy to be part of the unique practice and wonderfully diverse nature of SCBP. Liz has one daughter, Kylie, and two gorgeous grandsons, plus a husband, Al, and three cats. Her hobbies include Masters swimming, golfing, yoga, and seriously and methodically traveling the world. In 2011 Liz travelled to Mexico, South Africa, Australia, Cambodia, and Palm Springs. This year she will have visited Egypt, London, Hawaii, Italy, Kenya and Australia (her home country). Of course, she will squeeze a trip in to the Okanagan this summer to tour the wineries!

### **Lee Saxell – Registered Midwife, SCBP Medical Director**



Lee trained as a midwife in the early 1980s, completed a Masters program in Midwifery Research in the UK in 1994, and has been a practicing midwife for over 30 years. She is currently the Program Leader at BC Women's Hospital of a multi-disciplinary Cesarean Task Force, which is promoting normal birth. She is a Clinical Associate Professor for the Division of Midwifery in the Department of Family Practice at UBC, and was formerly a faculty member in the program. She was the Head of Midwifery at BC Women's and St Paul's hospitals for 8 years; in 2009 this torch was passed to Linda! She is the founding visionary member, along with the late Dr. Sue Harris, of the South Community Birth Program and is our Medical Director. She is a native of Vancouver and has two grown children, Maya and Joel, and one adorable dog, Lulu. Her passion is traveling the world and this year she will travel to California and twice to Kenya!

## Susie Schulz – Registered Midwife, SCBP Director of Home Birth



After several years working as a locum for SCBP (filling in for team members when they are away), Susie joined the SCBP team full time in January 2012. As an expert with 20 years of experience in hospital and home birth, she coordinates our home birth program. Her philosophy of care and style of practice are completely compatible with our own. As well as working in the Lower Mainland, Susie has also practiced in the Kootenays and the Okanagan. We are thrilled that Susie has joined us full time! She has 3 children; Noah 21, Keira 16, and Maya 5. Susie is a native of North Vancouver, loves to travel, and still finds time to do a yoga challenge month!



## OUR MEDICAL OFFICE STAFF

### Min Daitol – Office Manager



Lori received her Masters degree in nursing in 1995, certification as a Lactation Consultant in 2011. Prior to joining SCBP, she worked in several hospital Newborn Intensive Care Units, caring for sick babies and their families. Up until joining SCBP in 2008, she was faculty at the BC Institute of Technology, training nurses to care for sick babies. In her current role as the SCBP team leader of nursing, she provides breastfeeding and postpartum care, both in group sessions and in her postpartum clinics. As well as co-facilitating Connecting Pregnancy groups, Lori holds a postpartum drop-in group for SCBP clients every Wednesday afternoon from 12 to 2pm. Lori speaks Spanish and like everyone else at SCBP, loves to travel. Lori and her husband, Sam, dropped everything a few years back and traveled and lived in Mexico for 2 years with their children Max (14), and Stella (12). Her 2011 travels included Hawaii, Nelson, and California.



## OUR COMMUNITY HEALTH NURSES AND LACTATION CONSULTANTS

### Lori Wolfe – Registered Nurse



Lori received her Masters degree in nursing in 1995, certification as a Lactation Consultant in 2011. Prior to joining SCBP, she worked in several hospital Newborn Intensive Care Units, caring for sick babies and their families. Up until joining SCBP in 2008, she was faculty at the BC Institute of Technology, training nurses to care for sick babies. In her current role as the SCBP team leader of nursing, she provides breastfeeding and postpartum care, both in group sessions and in her postpartum clinics. As well as co-facilitating Connecting Pregnancy groups, Lori holds a postpartum drop-in group for SCBP clients every Wednesday afternoon from 12 to 2pm. Lori speaks Spanish and like everyone else at SCBP, loves to travel. Lori and her husband, Sam, dropped everything a few years back and traveled and lived in Mexico for 2 years with their children Max (14), and Stella (12). Her 2011 travels included Hawaii, Nelson, and California.

## Shahin Kassam – Registered Nurse



Shahin has been part of SCBP since 2009, as a part-time community health nurse and co-facilitator of Connecting Pregnancy groups. Her nursing career started in 1993 in Calgary and has focused primarily within the community in areas such as prenatal research, postpartum care, planning and delivery of parenting classes and breast health education. Currently, Shahin is working on her Masters degree with a focus on Advanced Practice Nursing. What she loves about SCBP is delivering care in a group environment and working with a population that is so diverse, yet similar in their journey while transitioning to parenthood. Shahin moved from Calgary in 2008 with her husband and two daughters, aged 7 and 4 years. Their passion as a family is to be in the outdoors as much as possible, hiking and enjoying life near the ocean. She has always loved travelling especially since her husband exposed her to his homeland of Kenya where they traveled much of the country and into Zanzibar, Tanzania. Shahin dreams of going back with her whole family to explore and perhaps work in Kenya for a period of time!



## DOULA COORDINATOR

### Jalana Grant – *CD (DONA), LCCE*



Jalana has been working with childbearing families as a doula since 1983. She is certified as a doula and Approved Birth Doula Trainer by DONA International. From 2000 to 2009, she was the Western Canada Director on DONA's International Board of Directors. Jalana is also a Certified Lamaze Childbirth Educator and has taught prenatal classes in the Vancouver area since 1989. Jalana has been with SCBP since the inception and has trained our doulas, designed the doula program and continues to be the Mentor/Mother to all the doulas in our program. Jalana participates in the 'labour and birth' Connecting Pregnancy group sessions and teaches our Preparation for Birth workshops. She is the mother of one young man, Kye, two young women, Teil and Sharai, and has a two very spoiled Golden Labs, Sadie the Wonder Dog and J. Page (after Jimmy Page of course)! She lives in Langley with her husband, Chris, and loves her work with the SCBP. Jalana visited Boston, New York City and Los Angeles last year and is planning to visit Cancun and New York again this year!



## **THE SCBP TEAM – WE ARE FAMILY**

We cannot describe our SCBP family without talking about two of our beloved team members, both of whom died in 2009: Dr. Sue Harris and Dr. Kerry Telford Morrissey.

### **Sue Harris – Family Physician and Founding Member of SCBP**



Sue was a founding visionary member of the SCBP and was passionately devoted to collaborative care, the Centering Pregnancy model, and our doula program. She was well known for one of her sayings, "We are on to something here!" Beside being a very skilled doctor and accoucheur, you could always count on Sue to do the right thing. She was diagnosed with cancer in 2007 and died in May 2009. Like everything Sue did in her life she did her dying well: she comforted all of her loved ones and came to peace with her death. Her son, Jonathon, is an emergency room doctor, and her daughter, Amy, has recently completed a degree in midwifery and was a student at SCBP in 2008.

### **Kerry Telford Morrissey – Family Physician and Humanitarian**



Kerry joined SCBP in 2005 and during her time with us she gave birth to two babies of her own, Claire and Sarah Grace. Kerry also worked at the Bridge Clinic one day a week, providing medical care to new immigrant and refugee families. She loved providing maternity care in a collaborative model and made sure she had a doula both times she gave birth! Tragedy struck us through the heart on November 29, 2009, when Kerry and Sarah Grace were both killed in a seaplane crash returning from our annual SCBP retreat on Mayne Island. We remain close family with her husband, Patrick, and her daughter, Claire. We have also established an education fund for Claire. This picture was taken of the two of them at our retreat.

We are a tight knit team of care providers and our sorrow has brought us even closer together. We all value our working relationships and friendships and consider ourselves a family. We discuss our care plans daily in our electronic record, meet four hours every month for team meetings, have annual retreat weekends together, as well as an annual pot-luck dinner where we honour the doulas of SCBP.

Many of us have known each other for many years. Before SCBP, Joan was one of the few family physicians in Vancouver who provided back-up support to Lee, Linda, Susie and Liz, when we all attended home births prior to midwifery regulation. Linda and Lee were practice partners at The Midwifery Group; Susie also worked there. Liz and Lee were faculty together in the early days of the UBC Midwifery Program. Lee had the great pleasure of being the midwife for both Liz and Linda's daughters. Susie had the great pleasure of being the midwife for Joan's daughter-in-law at the birth of her granddaughter. Martha was our student in her fourth year of the midwifery program. Kiran was brought to us by Kerry, who said she would be a perfect fit. At the age of 6, Lena and her sister accompanied their physician mother and attended the home birth of Lee's daughter 32 years ago! Jalana was recommended to us in the early SCBP planning stage and has been with us ever since. Lori was recommended by a former client who was positive she would be a perfect fit as well. Right again.



## DOULA TEAM

### What is a doula?

Doulas are trained childbirth attendants who provide women with continuous physical and emotional comfort and support throughout childbirth. Doula (pronounced “doola”) is a Greek word meaning “caregiver”. Whether it is a hand to hold, someone to lean on, or words of comfort during the pains of labour, women have been helping other women through childbirth for centuries. The SCBP has incorporated this age old tradition into its services by offering pregnant women the assistance of a doula.

Continuous support from a doula has been demonstrated to have impressive benefits for expectant mothers, including:

- shorter labours
- less need for pain medication
- a reduced likelihood of having a cesarean section and other interventions

A comprehensive review published by the Cochrane Library, one of the best sources of evidence-based healthcare in the world, concluded that having a doula present at the birth increases your odds of a normal, satisfying childbirth experience.

SCBP provides doula support at no cost to you. If you decide that you want a doula, you will fill out a form indicating your preferences and our doula coordinator, Jalana, will match you with a doula best suited to meet your needs.

### Our doulas

The SCBP doulas are a diverse group of women who are passionate about supporting women in labour. They come from a variety of different backgrounds including nursing and healthcare professions in their home countries. Some are also school teachers, full time mothers, professional translators, yoga instructors, and registered acupuncturists, just to name a few. You meet your doula once in pregnancy, usually around



37 weeks and she is present throughout your labour and birth. Your doula often attends you at home in early labour, helping you to decide on the best time to come to hospital. She is in contact with the midwife or doctor on-call while you are in labour. We all view the doulas as an integral part of our team at SCBP. Some of our doulas have attended more than 200 births.

We make every effort to match you with a doula that speaks your first language. If this is not possible, translation services can be arranged.



# **PRENATAL YOGA**

with Leigh-Anne Mercier  
at **South Community Birth Program**  
5850 Fraser Street, Vancouver

Six Week Series 1  
**Tuesdays at 7:45 pm**  
Oct. 23 to Nov. 27

Six Week Series 2  
**Saturdays at 11:30 am**  
Nov. 3 to Dec. 15  
(no class on Nov. 17)

call **Leigh-Anne at 604-505-5894**  
to register for a series

**\$60** per series  
**\$15** for drop in

Contact SBCP for a  
**\$5 subsidy per class**  
if needed

Enjoy a gentle, relaxing yoga session to help prepare for a positive birth experience.

A great place to connect with new moms-to-be and your baby!



## **YOUR FIRST VISIT AT SCBP**

Please arrive at least 15 minutes before your appointment time. You will be shown how to take your own blood pressure, check your urine for protein and glucose, and weigh yourself before your appointment begins. This will also give you an opportunity to look at the information handouts in the office. We also have a recycling centre for baby strollers and furniture - you are welcome to browse and take what you need!



## **ACCESSING INFORMATION ABOUT PREGNANCY AND BIRTH**

<http://scbp.ca/>

The number of websites, books, and other resources aimed at childbearing families can be mindboggling, and the quality of these resources varies widely. We have tried to compile the best information for you and have posted the links on our website. We are currently updating our website where handouts will be available for downloading soon.

In addition, we have a wealth of resources available in electronic form. Please email our office assistant at [info@scbp.ca](mailto:info@scbp.ca) and ask her to email you any of the resources below. Or ask for them in paper form when you are at SCBP.

- Baby Skin Care
- Information for Families After Pregnancy Loss
- List of Vancouver Community Centres
- List of Complementary Therapy Practitioners
- Lactogenic Foods and Herbs
- Fish Facts
- Newborn Jaundice
- New Iron Handout
- Car Seat Information
- Fish Facts for Families
- Perineal Massage
- Pre-labour vs. True Labour
- Positions for pushing
- Group B Streptococcus
- Supplies for birth and after
- Preparations for Postpartum
- Newborn Eye Treatment and Screening Info
- Postpartum depression and the baby blues
- Nuchal Translucency Information
- Safe Eating in Pregnancy
- Labour Cocktail Recipe
- Nausea & Vomiting in Pregnancy
- Waterbirth handout
- Postdates handout