

Prenatal Resources for Clients

Free Resources:

- The Pregnancy HUB: <https://www.pregnancyhub.org/>
- Smart Mom App: <https://www.smartmomcanada.ca/About.aspx>
- Babies Best Chance:
<https://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance>
- Free prenatal education series with Holliday Tyson (an Ontario-based registered midwife):
<https://youtu.be/j7YucfJuziU>
<https://youtu.be/DVOP-ob4ZXA>
<https://youtu.be/MidVzEeTmc0>
- Free BC specific video series - made by midwives, nurses and obstetricians:
<https://pregnantinchilliwack.ca/pre-natal-video-series/>
- A series for a global audience, universal principles:
Labour: <https://globalhealthmedia.org/videos/what-to-expect-in-labor/>
Birth: <https://globalhealthmedia.org/videos/what-to-expect-in-birth/>
Postpartum:
<https://globalhealthmedia.org/videos/caring-for-yourself-and-your-baby-after-birth/>

Paid prenatal classes:

- Mothering Touch: <https://www.motheringtouch.ca/prenatal-classes/>
- Agile Health: <https://www.weareagile.ca/prenatal-foundations-for-birth-course>
- Born to Birth: <https://www.lagoonprenatal.com/childbirth-education>