



Where to Start... Childbirth

Suggestions for resources when you **begin** to look for information about childbirth.

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These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider.

Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Patient and Family Library.

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| <p>Information Sessions</p> | <p>Prenatal Information Sessions: To provide general information about the Maternal Newborn Care Unit and services provided at Civic and General Campuses of The Ottawa Hospital. Civic Campus: 613-798-5555 ext. 14284 General Campus: 613-737-8899 ext. 78012 http://www.ottawahospital.on.ca/programs/prenatal/info-e.asp</p> <p>Prenatal classes: Pre-registration is required for all prenatal classes at TOH. Please register early as space is limited. To register or for more details, call Helen Young at 613-761-4171. http://www.ottawahospital.on.ca/programs/prenatal/classes/index-e.asp</p> |
| <p>Telephone</p> | <p>The Canadian Women's Health Network 1-888-818-9172 Ottawa Public Health 613-580-6744</p> |
| <p>Books and Other Resources – Patient and Family Library <small>(D100 Civic Campus)</small></p> | <p>Healthy beginnings: your handbook for pregnancy and birth. Society of Obstetricians and Gynecologists of Canada. 2006.</p> <p>Laugh and learn about childbirth (DVD). Sherri Bayles. 2007.</p> <p>The Birth partner: everything you need to know to help a woman through childbirth. Harvard Common Press. 2001.</p> <p>The Disabled woman's guide to pregnancy and birth. Judith Rogers. 2006.</p> <p>The Labor progress handbook: early interventions to prevent and treat dystocia. Blackwell Science. 2000.</p> <p>Check our catalogue at: www.ottawahospital.on.ca/library/catalogue-e.asp</p> |
| <p>Web Sites</p> | <p>Women's Health Matters www.womenshealthmatters.ca/ Canadian Women's Health Network www.cwhn.ca/ HealthyOntario.com www.healthyontario.com/</p> |