

Community Resources by Region

Middlesex London

Middlesex London Health Unit: <https://www.healthunit.com/pregnancy>

London Health Sciences Centre: <https://www.lhsc.on.ca/maternal-newborn-care/labour-birth>

Lambton

Lambton Public Health Unit: <https://lambtonpublichealth.ca/health-info/healthy-pregnancies/>

Bluewater Health: <https://www.bluewaterhealth.ca/types-of-care/maternal-infant-child-program>

Elgin and Oxford

Southwestern Public Health: <https://www.swpublichealth.ca/en/my-health/preconception-and-pregnancy.aspx>

St. Thomas Elgin General Hospital: <https://www.stegh.on.ca/hospital-services/having-a-baby-at-stegh/labour-birth/>

Woodstock General Hospital: https://www.woodstockhospital.ca/?page_id=5953

Chatham-Kent

Chatham-Kent Public Health: <https://ckphu.com/health-topics/pregnancy/>

Chatham-Kent Health Alliance: <https://www.ckha.on.ca/women-and-childrens-health>

Wellington-Dufferin-Guelph

Wellington-Dufferin-Guelph Public Health: <https://wdgpublichealth.ca/your-kids/pregnancy>

Other Resources

1. MotherToBaby

MotherToBaby, a service of the non-profit Organization of Teratology Information Specialists (OTIS), is the nation's leading authority and most trusted source of evidence-based information on the benefit or risk of medications and other exposures during pregnancy and while breastfeeding.

<https://mothertobaby.org/>

2. Infant Risk Center

The world's leading research center for medication safety during pregnancy and lactation.

<https://www.infantrisk.com/>

3. Born Ontario – Prenatal Screening Ontario

Website with up-to-date information regarding prenatal screening.

<https://www.prenatalscreeningontario.ca/en/psa/index.aspx>

4. Your Guide to a Healthy Pregnancy

This guide created by the Government of Canada provides important information related to a healthy pregnancy.

<https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>

5. The MoTHERS Program

Provides that most up-to-date medical information and resources regarding pregnancy, birth, and parenting. It also has information for those who are contemplating pregnancy.

<https://www.themothersprogram.ca/>

6. Canadian Lactation Consultant Association

A lactation consultant is a certified health professional with extensive training in breastfeeding. To find a lactation consultant in your area click on the link below.

[Canadian Lactation Consultant Association/Association canadienne des consultantes en lactation - Find A Lactation Consultant \(clca-accl.ca\)](https://www.clca-accl.ca/)