

# Our Programs for Maternity Care

With our doctors, you may choose the kind of care that is best for you and your family. All initial visits with a doctor are one-on-one. Later you may choose to continue to see your doctor in clinic for medical care or you have the option to choose Connecting Pregnancy enhanced care in a group.

## Connecting Pregnancy Care

Connecting Pregnancy is an special program that combines medical care and prenatal education in a group setting. Health check-ups are combined with education and support from other members of the group. It's "one-stop shopping" for your prenatal health care and learning. Here, health visits are interesting and fun and a place to get to know other expectant families. It is ideal for first-time parents and people new to Vancouver or without a network of friends having babies.

How Connecting Pregnancy works:

- You are invited to join a group of 10-12 people who are pregnant, with a similar due month, starting around 18-20 weeks of pregnancy and continuing until the early newborn period, with a final reunion at 6 weeks after the babies are born.
- Connecting Pregnancy group meetings last 2 hours and occur from 6-8pm. Initially we meet once a month, and later in the pregnancy every 2 weeks.
- The group is led by both an FPMS doctor and a childbirth educator, who will remain with that group for the whole series. At every meeting, there is some private time with the doctor for a check-up for you and the baby.
- Together with the other group members, you discuss topics such as diet, exercise, pregnancy changes, the birthing process, comfort measures and pain management options for labour, what to expect in the hospital, breastfeeding, newborn care, and adjusting to parenting.
- Expecting parents get to know each other and can form a support network. Group members often stay connected for months or years afterwards. Your partner or support-person is welcome to attend and their experience is included.
- The fee for this program is \$300 for two: the pregnant person and their chosen support person, which is similar to most prenatal classes. If you would like to participate but are experiencing financial need, please speak with our program assistant or your maternity doctor about our scholarship program.
- To avoid disappointment please register early as the groups often get full.

**FOR MORE INFORMATION AND TO REGISTER CONTACT:**

**[info@birthdocs.ca](mailto:info@birthdocs.ca) or phone 604-875-3436**

**[www.birthdocs.ca](http://www.birthdocs.ca)**

Participants' comments:

- 🌀 *"We really enjoyed the group atmosphere and being able to learn from everyone else."*
- 🌀 *"Such a great and necessary experience, invaluable—we loved it."*
- 🌀 *"This is the best money any parent can spend! Amazing care."*
- 🌀 *"We were never rushed. All my questions and concerns were answered."*