



connecting
pregnancy

Connecting Session 7

Taking care of yourself and your new family

Today's Discussion

Sharing together thoughts and concerns about the birth process and the early weeks after birth
The Postpartum Period and the Need for Help and Support
Community Resources
Contraception
Exercise
Sharing of Birth Stories
Evaluation

Baby's Best Chance

Early postpartum	pp 86
Postpartum blues and depression	pp 86
Adjustment to parenthood	pp 88
Coping strategies	pp 82,85
Contraception options	pp 92-95
Immunizations/Health Passport	pp119-120

Notes:

Connecting Pregnancy Program

Program Evaluation - Part 1

What month and year are you due? _____

We are eager for feedback on our prenatal program. For each question, please circle the word that best describes how you are feeling at this point in your pregnancy.

I like the organization of my prenatal care this way (group sessions). agree uncertain disagree
 Comments:

I feel that I have learned a lot about prenatal care during these sessions. agree uncertain disagree
 Comments:

I am enjoying being with other pregnant women in this group. agree uncertain disagree
 Comments:

I feel as if I am being prepared well for the labour and birth process. agree uncertain disagree
 Comments:

I feel as if I am being well prepared for caring for a new baby. agree uncertain disagree
 Comments:

What I like best about Connecting Pregnancy is:

What I would like to change about Connecting Pregnancy is:

On a scale from 1-10, with 1 being the worst and 10 being the best, I would give Connecting Pregnancy an overall rating of:

(worst) 1 2 3 4 5 6 7 8 9 10 (best)