

A Healthy Pregnancy is a Shared Responsibility

How others can help support a healthy pregnancy



- Care for the baby's mother by giving her back or foot rubs
- Help her get rest by doing some chores for her
- Prepare healthy meals together; look for healthy recipes
- Exercise together; go for walks, do an exercise video together or start an exercise group
- If the mother is trying to quit smoking or drinking, support her by not smoking or drinking around her, don't have drinking parties at her house

- Respect and honour her by creating a safe place free from abuse
- Just being there to talk, laugh and hang out so she doesn't feel alone

Father of the baby:

- Show your support by being there for her and attend prenatal appointments together
- Discuss the changes the baby will bring
- Talk about any concerns you may have

Arviat Wellness Center

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