



Prenatal Programming

Perinatal Resources

Free Support:

BFI Ontario - Infant Formula <https://resources.beststart.org/product/b42e-safely-preparing-infant-formula-for-your-baby-video/>

Caring for Kids

Feeding in the First year https://caringforkids.cps.ca/handouts/pregnancy-and-babies/feeding_your_baby_in_the_first_year

Allergies Vs. Intolerance https://caringforkids.cps.ca/handouts/healthy-living/food_allergies_and_intolerances

Dietician's of Canada - Infant Feeding <https://www.unlockfood.ca/en/Articles/Infant-feeding.aspx?page=1>

Eat Well Saskatchewan <https://eatwellsask.usask.ca/>

Ellyn Satter Institute <https://www.ellynsatterinstitute.org/what-we-do/>

Feeding Your Baby <https://nutritionconnections.ca/wp-content/uploads/2021/04/Feeding-your-baby-Booklet-2021.pdf>

Government of Canada

Canada's Food Guide <https://food-guide.canada.ca/en/>

Infant Care <https://www.canada.ca/en/health-canada/services/infant-care.html>

Nutrition <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/breastfeeding-infant-nutrition.html>

Guide to a Healthy Pregnancy <https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>

Mom & Kids Health Saskatchewan – Pregnancy, Birth & Newborns

<https://momsandkidssask.saskhealthauthority.ca/pregnancy-birth-newborns/postnatal-newborn-care>

Regina Perinatal Health Network <https://rphn.ca/home>

Regina Survival Guide & Map https://www.regina.ca/export/sites/Regina.ca/home-property/safety-emergencies/_galleries/pdfs/Regina-Survival-Guide.pdf

RQHR Breastfeeding <https://www.rqhealth.ca/department/population-and-public-health/breastfeeding-information>

Saskatchewan Health Authority – Prenatal Sessions

<https://www.rqhealth.ca/department/primary-health-care/prenatal-sessions>

Building healthy communities



Perinatal Resources in Regina

Free Support (continued):

Saskatchewan Prevention Institute <https://skprevention.ca/>

Saskatchewan Healthline: 8-1-1

24-hour health and mental health and addictions advice, education and support telephone line available to the people of Saskatchewan

If 8-1-1 is not working, call 1-877-800-0002

211 Saskatchewan

211 Saskatchewan offers a database of over 6000 community, social, non-clinical health and government services across our province.

Text or call 211

Paid Programming:

Angi Evans – Pregnancy & Birth Support, Doula Services, Online Prenatal Classes & Preparation <https://angieevans.ca/services/birth-doula/>

Birth Bliss- Birth & Newborn Classes <https://www.birthbliss.ca/ready-set-baby-class/>

Doulas of Regina – Doula Services and Online Prenatal Classes

<https://doulasofregina.com/events/online-prenatal-classes-saturdays-jun-27-jul-18/>

From Seed to Sprout Perinatal Services – Prenatal Classes & Sleep Coaching <https://www.fromseedtosprout.ca/>

Hive Wellness Studio – Childbirth, Breastfeeding & Postpartum support / Parenting Classes <https://www.hivewellnessstudio.ca/>

Kayla Huszar – Postpartum classes, mom groups, 1:1 mental health therapy <https://www.kaylahuszar.com/my-story>

Kim Smith – Breast Feeding Support

<https://www.kimsmith.org/breastfeedingclassregina.html>

Mommy Connections <https://mommyconnections.ca/regina/>

Prenatal Programming

Building healthy communities