

Dear Patient,

Because this is your first baby and there is specific information about your upcoming birth, you have been invited to attend a 36 week group session. This session is for **both you and your labour partner** so please bring them with you for this visit.

We will talk about:

- Hospital guidelines for Group B strep (GBS)
- Changes you can expect in your last month of pregnancy
- Early signs of labor
- Tips for managing early labor at home
- When to come in to the hospital
- The third stage of labor (the placenta)
- What to pack for your stay in the hospital (for both you and baby)
- Family-centered care at the hospital
- Your green sheet (the clinic birth plan) you signed earlier in pregnancy
- The syphilis blood test after baby is born
- The Baby Friendly Hospital Initiative
- Breastfeeding and infant feeding

Please note, that this is considered an information session **only** and is not a medical appointment.

Your 36 week group session will take place on: _____

TIME: 6:00 pm till 8:00 pm

PLACE: High River Maternity waiting area

We look forward to seeing you and your labour support partner there.

If you have pregnancy questions or concerns between today and when you give birth, please:

- Call Health Link: 1-866-403-LINK (5465) or (403) 943-LINK (5465) OR
- Come to see us at the hospital; labour and delivery is located on the first floor of the High River Hospital.