

# Our Special Journey: Pregnancy Passport

The Pregnancy Passport is for your journey through pregnancy, birth and baby's early weeks. This handout can be used to keep your own records. Please visit the Healthy Families BC website (<https://www.healthyfamiliesbc.ca/>) to access the full online version of the pregnancy passport as well as more information on labour and delivery, bringing baby home and parenting advice. We encourage you to write down your goals, questions, ideas and decisions regarding your pregnancy. You may find this could support the conversations you have with maternity care providers and family members about your pregnancy journey.

Online copies of Baby's Best Chance and Toddler's First Steps are also available on the [Healthy Families BC website](https://www.healthyfamiliesbc.ca/).

**Register early in your pregnancy with your region's Health Authority to connect with Public Health.**

- <https://www.healthyfamiliesbc.ca/home/articles/register-your-pregnancy-prenatal-care>

## Helpful Resources

### Healthcare Providers

#### Find a family doctor or obstetrician

- College of Physicians and Surgeons
- [www.cpsbc.ca](http://www.cpsbc.ca) | 1-800-461-3008

#### Find a Registered Midwife

- Midwives Association of BC
- [www.bcmidwives.com](http://www.bcmidwives.com) | 1-604-736-5976

#### Find a Doula

- [www.bcdoulas.org/find-a-doula](http://www.bcdoulas.org/find-a-doula)  
1-877-365-5588

**HealthLink BC** - 24/7 information and advice from nurses, registered dietitians and pharmacists

- [www.healthlinkbc.ca](http://www.healthlinkbc.ca) | 811

### Online Resources and Support Groups

#### BC Housing

- <https://www.bchousing.org/home>

#### Reproductive Mental Health

- <https://reproductivementalhealth.ca/>

**Here to Help – mental health and addictions** • [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

#### Support for quitting smoking

- [www.quitnow.ca](http://www.quitnow.ca)

**BC Association of Pregnancy Outreach Programs** • [www.bcapop.ca](http://www.bcapop.ca)

#### Parent Support Services of BC

- [www.parentsupportbc.ca](http://www.parentsupportbc.ca)  
1-855-474-9777

#### Pacific Postpartum Support Society

- <http://postpartum.org/> | 1-855-255-7999

#### Domestic Violence 24 hr help line

- [www.domesticviolencebc.ca](http://www.domesticviolencebc.ca)  
1-800-563-0808













#### Aboriginal Friendship Centres

- [www.bcaafc.com](http://www.bcaafc.com) | 1-250-388-5522

## Breastfeeding My Baby

Breastfeeding is the normal and healthiest way to feed your baby. It is the only food your baby needs.



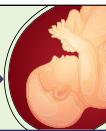
**How do I know if my baby is getting enough breast milk?** The best way is by the number of wet and soiled diapers and your baby's weight gain.

Your Baby's Age	1 week							2 Weeks	3 Weeks
	1 Day	2 Days	3 Days	4 Days	5, 6, 7 Days				
<b>How often do I breast feed?</b> Per day, on average, over 24 hours	I am feeding my baby 8 or more times per day (every 1-3 hours), including 2-3 night time feeds								
<b>How big is my baby's tummy?</b> *approximately	5-7 ml • Size of a Marble 		22-27 ml • Size of a Ping Pong Ball 		60-80 ml • Size of an Egg 				
<b>How many wet diapers will my baby have?</b> Per day, on average, over 24 hours *Clear pale-yellow urine	At least <b>1 WET</b> 	At least <b>2 WET</b> 	At least <b>3 WET</b> 	At least <b>4 WET</b> 	At least <b>5 WET</b> 	At least <b>6 WET</b> 			
<b>How many soiled diapers will my baby have?</b> Per day, on average, over 24 hours	At least <b>1-2</b>  black or dark green		At least <b>2-3</b>  brown, green or yellow		At least <b>2-3</b>  soft and seedy yellow				
<b>How much will my baby weigh?</b>	Your baby may lose 7-10% of its birth weight in the first 3 days after birth			Your baby gains 20-35 grams (2/3 to 1 1/3 oz.) per day and regains his/her birth weight by 10-14 days			Your baby now gains 120-240 grams (4-8 oz.) per week		
<b>Other Signs</b>	Your baby has a strong cry, moves actively, and wakes easily. Your breasts feel softer and less full after a feeding. After a few weeks it is normal for your breasts to feel soft and still have lots of milk.								

# Our Special Journey Chart

This is how I will keep track of our special journey through pregnancy and about the growth of my baby. When I visit my health care provider I can ask for help in completing this chart which will help me learn how my baby and I are doing.

My expected due date is:

	Visit Date #1 _____	Visit Date #2 _____	Visit Date #3 _____	Visit Date #4 _____	Visit Date #5 _____	Visit Date #6 _____	Visit Date #7 _____	Visit Date #8 _____	Visit Date #9 _____	Visit Date #10 _____	Visit Date #11 _____	Visit Date #12 _____
Weeks of Pregnancy <sup>1</sup>												
My blood pressure is												
My weight (kg) Pre-pregnancy weight: _____												
Height: _____ (Both used to calculate Body Mass Index)												
My belly size (cm) <sup>2</sup>												
My baby's heart rate <sup>3</sup>	I can hear my baby's heart beat! from about 6 weeks on... 											
My baby's movement <sup>4</sup>	20 weeks and baby is letting me know they are there! from about 20 weeks on... 											
My baby's position <sup>5</sup>	Baby is almost ready to enter into our world! 											

- 1 – My pregnancy started with my last menstrual period
- 2 – My belly size is determined by measuring my fundus (uterus)
- 3 – About six weeks, my baby's heart beat can usually be detected using ultrasound
- 4 – I may begin to feel my baby move at about 20 weeks
- 5 – In my last month of pregnancy my baby's position changes to prepare itself for labour and delivery

My birth goals include:

- 1
- 2
- 3