

♡ **Body changes in pregnancy**

♡ **Fetal growth and development**

♡ **Coping with discomforts during pregnancy**

♡ **Healthy lifestyle choices during pregnancy**

♡ **Creating a circle of support**

♡ **Community supports and resources**

# Expecting a Baby? Under 23 Years of Age?

# SMILE

Supporting Mothers and Infants Learning Experience



offers:

- ♡ Prenatal classes for expectant parents
- ♡ Various locations & times throughout Durham Region



- Meet in a supportive environment.
- Feel free to bring a support person.
- Meet other expectant parents.

## Classes are FREE!



Call Durham Region Health Department for programs in your area

(905) 666-6241 or 1-800-841-2729

[durham.ca](http://durham.ca)

♡ **Stages of labour**

♡ **Preterm labour**

♡ **Comfort measures during labour**

♡ **Role of a labour support person**

♡ **Newborn appearance**

♡ **Infant care and feeding**

♡ **Transition to parenting**