



Durham Region Health Department
FAX about...
For Health Care Professionals



Free Online Prenatal Classes

Durham Region Health Department offers free online prenatal classes. The online classes provide essential information about **pregnancy, birth, breastfeeding and newborn care**.

Prenatal education is positively associated with health promotion behaviours such as exercise and nutrition and leads to increased likelihood of a vaginal birth, arriving at the hospital in active labour, as well as breastfeeding initiation and duration.

The online prenatal classes are offered on a mobile-friendly platform and provide a convenient way for families to access current, evidence-based prenatal education. Each class includes videos, 3D animations, activities, helpful tools, and local resources.

Registration is easy

Users can access the classes and information any time and learn at their own pace. Expectant parents are encouraged to start the classes as early as possible in pregnancy. Visit www.durham.ca/OnlinePrenatalClasses

Parents that have already given birth can access the breastfeeding and newborn care modules of the online prenatal classes. Visit www.durham.ca/Newborn

For more information about Health Department programs and to order resources visit the Health Care Provider website www.durham.ca/HCP or call the Durham Health Connection Line 1-800-841-2729.

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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

