

**Healthy Workplace Resources
Request information:**

Contact Person:

Contact Number/email:

Date materials required:

Please make sure to check off the resources that you are interested in and send your requests by email workplace@hamilton.ca or print off the form and fax 905-546-3658

Resources will be sent electronically where possible.

For more information please contact:

web: www.hamilton.ca/workplace

tel: 905-546-4680

email: workplace@hamilton.ca

Healthy Workplaces Making it Easier.

A comprehensive list of resources available to workplaces to assist with health and wellness programming.

Reproductive/Prenatal Health

2010 Resource



Hamilton

Public Health Services

Awareness raising activities & ideas

Handouts, Posters & Flyers

Preconception Package or Poster

Fact sheets and pamphlets about becoming healthy before conception.

Prenatal Classes Pamphlet

Lists topics covered and information on how to register for classes.

Healthy Babies Healthy Children Pamphlet

Pamphlet for Home Visiting during pregnancy, infancy and childhood.

Folic Acid or Multivitamin Pamphlets or Poster

Lists important information about the need for folic acid and other vitamins and nutrients before and during pregnancy.

Pregnancy fact sheets

Provides information for expecting parents about fetal kick counts, and preterm labour.

“Ask your health care provider about your prenatal resource book”

Reminder poster for pregnant moms and dads to ask for the prenatal resource book when visiting a health care provider.

Tear-away Pads (free prenatal classes)

Information flyers about how to register for free prenatal classes available for teens and newcomers.

Work and Pregnancy Do Mix! Pamphlet or Poster

Information and recommendations on special consideration for women who are pregnant and working.

Healthy Eating for a Healthy Baby Booklet

Provides information specific to nutrition during pregnancy.

Waiting for Baby: Pregnancy After Age 35

Provides information for women becoming pregnant after age 35.

The Sensible Guide to a Healthy Pregnancy Booklet

Provides information on many topics during pregnancy including nutrition, folic acid, alcohol and pregnancy, physical activity, smoking, oral health and emotional health.

Displays*

Preconception Display

Information and pamphlets about a women and men's health before conception.

Prenatal Display

Information and pamphlets pregnancy and related topics.

* we will require some additional information before displays can be confirmed through email/telephone. Willing to do a maximum of two fairs/year.

Presentations & skill building opportunities

A public health nurse is available to provide a 30-45 minute presentation on the following topic.

Preconception Health

A Public Health Nurse will present on Preconception Health to a target audience of men and women planning their first or additional pregnancies. The following topics will be covered:

- Healthy Eating
- Prevention of Tobacco, Alcohol, & Drug Use
- Stress
- Relationships and Social Situations
- Environmental Hazards
- Communicable Diseases
- Sexual Health
- Women 35 yrs and Older
- Pregnancy after Loss

Note: presentations subject to staff availability and a minimum attendance of 10 participants.

Creating a supportive environment

Workplace and Reproductive Health- A Fact Sheet for Employers

Two-sided employer fact sheet to support healthy work environments for employees planning a pregnancy, already pregnant or returning to work.

The Effects of Workplace Hazards on (Male/Female) Reproductive Health

Handouts that raise awareness about reproductive hazards in the workplace and methods to prevent exposure.

Consultation/policy support

Meet with a Public Health Nurse who can help develop policies and guidelines to support healthy pregnancies in the workplace.

Sample policies (hard copy only)

Sample workplace policies that can be considered for your workplace.