



Clarington residents can now access a new free online prenatal website that has been launched by Durham Region Health Department. The resource is now available through the Region's website at [www.durham.ca](http://www.durham.ca). The Online Prenatal Classes are designed to help improve community access to current and timely information about pregnancy and other prenatal concerns.

“Durham Region has approximately 6,500 live births each year, with only about 52 per cent of first time parents attending prenatal classes.” explains Anne VanPinxteren, a public health nurse with the Health Department. “The low numbers of participants may be attributed to factors such as numerous rural settings throughout Durham Region with limited access to programs, the inability to attend classes or a lack of free classes available within the community.

“Our online prenatal classes were developed to help remove some of these barriers, providing pregnant women and their partners with ongoing access to reliable and accurate health information from any computer or electronic device.”

The online classes offer education on labour and delivery, and information and resources that cover from conception to the early postpartum period. Classes offered through the resource include healthy lifestyles in pregnancy, prenatal tests and common discomforts in pregnancy, fetal development and complications in pregnancy, labour and delivery, postpartum care, as well as newborn care.

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