

HALTON REGION HEALTH DEPARTMENT  
OFFICE OF THE MEDICAL OFFICER OF HEALTH  
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TO: Halton Family Physicians; Obstetricians/Gynecologists

POST IN: Physicians Lounge

FROM: Dr. Hamidah Meghani, Medical Officer of Health

DATE: January 24, 2019

**RE: New Halton Online Prenatal Program**

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The Halton Region Health Department recently launched a new and enhanced online prenatal program to help parents learn about healthy pregnancy, labour and birth, breastfeeding and taking care of newborns.

This web-based, mobile-friendly program includes audio voiceover, closed captioning, videos, quizzes and more. The updated online program replaces the previous online prenatal program as well as in-person, group classes.

I hope you will recommend this program as a free source of trusted information for expectant parents or parents with newborns, to help give your newest patients the best possible start. Parents can register:

- at **halton.ca**;
- by using the OneHalton app; or
- by calling 311.

The Halton Region Health Department continues to offer other free, in-person prenatal supports that you can learn more about at **halton.ca**, including:

- [Halton Prenatal Nutrition Program](#);
- [Healthy Babies Healthy Children](#);
- [prenatal breastfeeding class](#); and
- [prenatal car seat safety workshop](#).

If your patients are looking for alternate prenatal education providers, including in-person classes, there is a listing at [www.ontariodirectoryprenataleducation.ca](http://www.ontariodirectoryprenataleducation.ca).

Please report all suspected or confirmed cases of [Diseases of Public Health Significance](#) (formerly Reportable Diseases) to the Halton Region Health Department as soon as possible. Diseases marked \* should be reported immediately by telephone (24 hours a day, 7 days a week) or fax (Mon-Fri, 8:30 am – 4:30 pm only). Other diseases can be reported the next working day. Call 311, 905-825-6000 or toll free at 1-866-442-5866. For general information, please visit **halton.ca**.

**If any link provided in this memo does not work, please cut and paste it into your web browser.**