

## Recommendations

These recommendations are intended to optimize perinatal care resources and supports through improved integration. Because perinatal care begins and ends well beyond the hospital experience, this transition requires better collaboration and coordination of all stakeholders to ensure infants of new parents get the best start in life.

- Newborns and their mothers should be a priority in the primary care system.
- Families need different access points to care, likely with different configurations of care providers for different needs. Care providers should be culturally competent [3].
  - Families' issues are unique
  - Resources differ across the province
- Perinatal care should be individualized, consistent, culturally appropriate, and address issues across the continuum of care (examples exist in promising practices including the midwifery model of care, and collaborative primary care practices).
- Expectant women should have anticipatory guidance from care providers throughout pregnancy to assist them in planning for self and infant care following birth.
- All newborns should have an assigned primary care provider or practice at the time of hospital discharge, or when discharged from midwifery care.
  - Ideally, the *family* should have a consistent primary care provider or practice.
- Eliminate 'siloed' care planning and administration.
- Create opportunities for communities of care providers to connect to improve continuity of care and information-sharing.
- Care providers need a reliable, consistent, and timely means of communicating patient information; families should also have access.
- Build partnerships within and beyond the health system to ensure continuity and consistent messaging:
  - Family Resource Centres
  - La Leche League
  - Peer networks
- Establish a consistent system of data collection and access, to enable perinatal care planners and providers to determine the needs of the perinatal population, and to evaluate the impact of interventions and programs on the health outcomes for women, infants and families.
- Acknowledge that there are gaps in services and supports for newborns and families, accept that creating a system of care and support for families is a collective responsibility, and embrace the challenge. The Model exists in the province and should be emulated.