



Onkwehonwe Midwives Collective
891 Island Road, Akwesasne ON K6H5R7
P. 613-938-2229 F. 613-932-5080 eFax. 613-902-3511

Importance of Prenatal Vitamins

As an Onkwehón:we midwifery organization, we understand the importance of a holistic approach to prenatal care. Prenatal vitamins are an essential aspect of this care, providing crucial nutrients that support a healthy pregnancy and the development of a healthy baby.

Prenatal vitamins contain key nutrients that are vital for the growth and development of the fetus, such as folate, iron, calcium, and vitamin D. Folate is particularly important, as it can help prevent neural tube defects in the developing baby's brain and spine. Iron supports the growth of red blood cells, which carry oxygen to the baby, and calcium and vitamin D promote strong bone development.

However, it's important to note that these vitamins and minerals are not meant to be a replacement for a healthy diet. A balanced, nutrient-dense diet is the foundation of prenatal care, and should be prioritized over supplementation. That being said, even with a healthy diet, it can be difficult to get all of the necessary nutrients in the right amounts, and prenatal vitamins can help fill these gaps.

In addition to the physical benefits, taking prenatal vitamins can also have mental and emotional benefits for expectant mothers. Pregnancy can be a stressful and overwhelming time, and ensuring that the body is getting the nutrients it needs can help ease some of that stress and anxiety. It can also help mothers feel more connected to their growing baby and the process of pregnancy.

At OMC we recognize that prenatal care is not a one-size-fits-all approach. Each mother and baby are unique, with their own needs and preferences. We encourage expectant mothers to work with their healthcare providers to determine the right prenatal vitamin regimen for them, and to prioritize a healthy diet and lifestyle to support a healthy pregnancy.

In conclusion, prenatal vitamins are an important aspect of holistic prenatal care, providing essential nutrients to support the growth and development of a healthy baby. While they should not replace a healthy diet, they can help fill in nutritional gaps and provide mental and emotional support during a potentially stressful time. At OMC we prioritize individualized care that respects the unique needs and preferences of each mother and baby.