

Healthy Steps Today, Healthy Lives Tomorrow!

Not Planning for Parenthood?

Then Try to:

- Take a multivitamin with folic acid every day (*pill or chewable*).
- Exercise regularly.
- Eat a variety of whole grains, vegetables and fruits; and make sure meat, eggs, poultry and fish are fully cooked.
- Have regular medical and dental checkups.
- Not smoke or use illegal drugs.
- Avoid secondhand smoke and other toxic or harmful substances.

Talk to Your Doctor About:

- Your family health history.
- Whether your vaccinations are up to date.
- The safety of over-the-counter/prescription medications or herbal supplements you take.
- Sexually transmitted infections. If you are or have been sexually active, learn how to protect yourself from these diseases.

Until You Are Ready:

- Take steps to avoid pregnancy.
- If you are old enough and choose to drink, limit yourself to one or two drinks daily.



Did You Know?

- More than half of all pregnancies are not planned.
- Important growth of the baby happens very early in pregnancy, before most women know they are pregnant.
- Being healthy before pregnancy helps women have healthier babies.

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Steps for Every Mom to Take:

- Talk with your doctor about:
 - *Scheduling a six-week checkup.*
 - *Feelings of stress or sadness that do not go away.*
 - *When it's safe to start exercising again.*
- Give yourself time to adjust and rest when your baby is resting.
- Ask family and friends for help.
- Eat a variety of vegetables, fruits, meats and whole grains.
- Keep taking a multivitamin with folic acid every day.
- Make sure your baby gets shots on time.
- Plan at least 18 months between pregnancies.

Planning for Parenthood?

Be Informed:

- Important growth of the baby happens very early in pregnancy, before most women know they are pregnant.
- Being healthy before pregnancy helps women have healthier babies.
- If you drink alcohol - **STOP!** No amount of alcohol is safe for the unborn baby.

Make Sure You:

- Talk with your doctor about updating your health history.
- Take a multivitamin with folic acid every day (*pill or chewable*).
- Have someone else clean your pet's cages and litterboxes.
- Don't smoke or use illegal drugs.
- Avoid secondhand smoke and other toxic or harmful substances.
- Eat a variety of whole grains, vegetables and fruits, and make sure meat, eggs, poultry and fish are fully cooked.
- Limit canned tuna and fish caught in local waters.

Until You Are Ready:

- Get prenatal care right away and keep every appointment.
- Take your prenatal vitamin every day.
- Talk with your doctor about:
 - *Both side's of the family's health history.*
 - *Over-the-counter / prescription medications and herbal supplements you take.*
 - *What level of exercise is safe for you and your baby.*
 - *The benefits of breast feeding.*



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