

"HEALTHY STEPS TODAY..."



HEALTHY LIVES TOMORROW"

*Are you thinking
about having a baby?*
NO... Not right now!

Step 1: Every woman and teenage girl should...

- 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.

Step 2: 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.

Step 3: 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.



"HEALTHY STEPS TODAY..."



HEALTHY LIVES TOMORROW"

*Are you thinking
about having a baby?*
YES... I'm ready!

Step 1: 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.* *

Step 2: 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.

Step 3: As soon as you think you might be pregnant...

- Get prenatal care right away and keep every appointment.*
- Take your prenatal vitamin every day.
- Talk with your doctor about:
 - your (and your baby's father's) family 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.

Steps for Every New 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.

