Are you thinking about having a baby?

**NO... Not right now!**

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**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.

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**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.

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**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.

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**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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**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.

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**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.

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**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.

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**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.