

## “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.