

CHOOSING TO MAKE HEALTHY DECISIONS IS IMPORTANT!

EAT RIGHT Eat healthy food and regular meals and cut down on caffeine (including chocolate). Take 400 micrograms of folic acid to reduce the risk of having a baby with a birth defect.

PHYSICAL ACTIVITY Regular physical activity helps you feel better and gets your body ready for pregnancy.

SMOKING Smoking or breathing someone else's smoke can cause your baby to be born too small or too soon.

DRUGS AND MEDICINES Using illegal drugs or even some medicines (prescribed or bought over-the-counter) can cause miscarriage, brain damage, addiction and/or death to your baby.


ALCOHOL Do not drink alcohol (beer, wine, wine coolers, hard liquor and even cough and cold medicines); they can cause birth defects, mental retardation and even death to your baby. There is no safe amount of alcohol to consume during pregnancy.

OTHER HAZARDS Working with certain metals and chemicals (such as lead, paint, oven cleaners, bug killers, gasoline and car exhaust) can cause pregnancy problems. Other hazards include eating raw meats, handling used cat litter or being around animals or people with certain diseases.



For free and confidential information on Family Planning Services, or how to have a healthy pregnancy, call the 1-800-545-1098.

This publication was funded in whole or in part by the U.S. Department of Health and Human Services, Health Resources and Services Administration, under Grant No. 6HSMMC20275 and supported by DHHS, Title X. Its contents are solely the responsibility of its author and do not necessarily represent the official views of the funding agency.




WHEN WAS THE LAST TIME
YOU *had a*
CHECK-UP?

doctor
CALL YOUR TODAY!

Do the little things today for a healthy life tomorrow.

*It is all about me!
a healthy*



DID YOU KNOW?

Half of all pregnancies are surprises or unplanned

If you are sexually active and do not use birth control every time – you can get pregnant

All of your baby's important organs form very early. Birth defects may happen before a woman has missed a period and knows she is pregnant

You can lower the risk of birth defects and pregnancy problems by making healthy food choices before and during your pregnancy

CHOOSING WHEN TO GET PREGNANT IS IMPORTANT! ARE YOU READY TO HAVE A BABY?

AGE Women under 18 and over 34 who have babies are more likely to have problems with pregnancy or have small babies.

FAMILY PLANNING Decide if and when you want to have a child. If you are having sex, it is important to use an effective birth control method every time until you are ready to have a baby. Have you reached your life goals?

WAIT BETWEEN YOUR PREGNANCIES Waiting two years between pregnancies allows your body time to recover. Take those two years to get into your mom groove and bond with your baby!

CHOOSING TO VISIT YOUR HEALTH CARE PROVIDER IS IMPORTANT.

Talk to your health care provider about:

MEDICAL CONDITIONS Medical problems (such as diabetes, epilepsy, high blood pressure, heart or kidney disease, infections, hepatitis or anemia) need to be treated before pregnancy.

IMMUNIZATIONS Make sure your immunizations are up to date. They can prevent some diseases like German Measles (rubella) which can cause serious birth defects.

FAMILY HEALTH Does anyone in your family have a birth defect, inherited disease or mental retardation? Some diseases and birth problems can run in families.

SEXUALLY TRANSMITTED DISEASE (STD)

You or your partner may have a STD that you don't know about. All STDs (such as chlamydia, syphilis and HIV/AIDS) can cause serious problems.

EMOTIONAL HEALTH Get help if you have violence or abuse in your life, high levels of stress or not enough personal support. Pregnancy can cause money problems or interfere with school or work.

The best start for your future baby begins right now, before you are pregnant. There are many things you and your partner can do to give your baby the best possible start.