

Stay Healthy During Pregnancy

There are many things you can do to have a healthy pregnancy and baby



Prenatal Care

It is important to get early and regular prenatal care! Whether this is your first pregnancy or your third, healthcare is extremely important. Your provider will make sure you and your baby are healthy at each visit. Make sure to go to all your checkups, **even if you're feeling fine.**

Health History

Make sure to tell your provider about any health conditions – such as diabetes, high blood pressure or depression. These conditions may affect your pregnancy and your provider may want to see you more often. Additionally, it is important for your provider to know about your pregnancy history and any problems. *Make sure to include your family health history and current medications.*

Vitamins + Nutrients

Make sure you are taking a prenatal vitamin with 400 to 800 micrograms of folic acid **every day.** Folic acid is the most important in the early stages of pregnancy, but it is important to continue to take your prenatal vitamin throughout your pregnancy. Get all the nutrients you need each day, including iron. The right amount of iron prevents anemia, which is linked to pre-term and low birth weight.

Get Moving

Do something active every day. Exercise is great for most pregnant women. Make sure to check with your provider to find out how much physical activity is right for you.

Rest + Reduce Stress

It is important to get plenty of sleep during pregnancy. 7 - 9 Hours is important for you and your baby. Try to sleep on your left side to improve blood to you and your child. Try to reduce stress in your life. Tell your partner how you are feeling and ask your friends and family for help and support. If you work, talk to your boss about how to lower stress at your job.

Healthy Weight Gain

The amount of weight you gain during your pregnancy is important for the health of you and your baby. How much weight you should gain during pregnancy is based on your Body Mass Index (BMI) before pregnancy.

Recommended Weight Gain:

- Normal Weight (BMI 20 -25): 25 - 30 pounds
- Underweight (BMI less than 20): 28 - 40 pounds
- Overweight (BMI 26 - 29): 15 - 25 pounds
- Obese (BMI >29): 11 - 20 pounds

Visit the Dentist

It is important to take good care of your teeth during your pregnancy. These visits can help prevent infections that could harm your pregnancy.

Don't Smoke or Drink

Avoid all alcohol, cigarettes and other tobacco products during pregnancy.

- Smoking robs your baby of oxygen and can cause abnormalities, early birth, miscarriage and low birth weight. **If you smoke now is the time to stop. Ask for help to stop smoking.**
- There is no known safe amount of alcohol use during pregnancy. Alcohol can cause your baby to be born with fetal alcohol syndrome (FAS). It is important that you do not drink during your pregnancy.

