



Pregnant?

Or thinking about it?

Here are a few things that you can do to help you be the **healthiest mom** you can be.

1.

START PRENATAL CARE EARLY

Whether this is your 1st or 3rd pregnancy, early and regular prenatal care is important. It reduces your risk of preterm delivery & a low birth-weight baby.

Preterm delivery - **delivery before 37 weeks** - is dangerous. It doesn't let your baby develop as much as he or she should.

A baby's brain at 35 weeks weighs only two-thirds of what it will weigh at 39 to 40 weeks.



Babies of mothers who do not get prenatal care are **5 times** more likely to die than babies born to **mothers who DO get care.**

A baby born too early may face:

- Cerebral palsy
- Vision problems
- Feeding difficulties
- Breathing problems
- Hearing impairment
- Developmental delay

Plus, preterm birth is expensive.

\$49,000

is the average cost of medical care for a premature or low birth-weight baby for its 1st year of life

versus

\$4,550

for a newborn without complications in its 1st year.

WATCH YOUR NUTRITION

Before and during your pregnancy, watching what you eat and drink is incredibly important for you and your baby. These guidelines will help you know what nutrients you need, and what foods to avoid.

2.

Do

Take 800 micrograms of folic acid every day.

Folic acid is most important in the early stages of pregnancy, but you should continue taking folic acid throughout pregnancy.

Get 1,000 mg of calcium, 27 mg of iron, 85 mg of Vitamin C every day.

Calcium helps build up your baby's bones and tooth buds, iron helps increase your blood volume, and Vitamin C helps with wound healing and bone/tooth development.

Eat a variety of healthy foods & eat in moderation!

Choose fruits, vegetables, whole grains, and foods low in saturated fat. Your energy requirements only increase about 300 calories per day for the 2nd and 3rd trimester, so you shouldn't be eating twice as much!

Don't

Smoke, drink alcohol, or use drugs.

These can cause long-term harm or death to your baby.

Eat uncooked or undercooked meats or fish.

Always wash your fruits and veggies to protect yourself and your baby from food-borne-illness, and don't eat fish with lots of mercury, including swordfish, king mackerel, shark, and tilefish.

Sources:
1. <http://www.hrsa.gov/quality/fooboo/measure/prenatall1sttrimester/>
2. <http://womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html>
3. <http://americanpregnancy.org/pregnancyhealth/pregnancynutrition.html>
4. <http://www.cdc.gov/reproductivehealth/MaternalInfantHealth/PretermBirth.htm>



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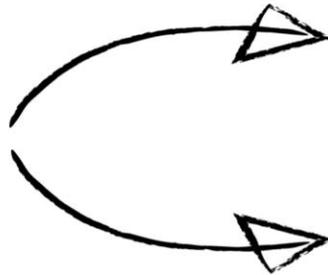
Here are a few mobile phone technologies that can help you track your baby's development & be the **healthiest mom** you can be.



TEXTING SERVICES



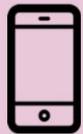
A free service of the National Healthy Mothers, Healthy Babies Coalition



Text BABY (or BEBE for Spanish) to 511411 to receive 3 FREE text messages a week, timed to your due date or your baby's birth date, through pregnancy and up until the baby's 1st birthday.

Message topics include prenatal care, urgent alerts, developmental milestones, immunizations, nutrition, birth defect prevention, labor signs and symptoms safe sleep, safety, and more.

★★★★☆ = iTunes customer rating



Free SMARTPHONE APPS



Baby Center: My Pregnancy Today

★★★★★

Acts as an all-around resource for your entire pregnancy. Contains a pregnancy checklist for appointments, fetal development images, and information on your body is changing day by day. STAR FEATURE: An in-depth nutrition guide with healthy recipes.



What to Expect

★★★★★

Provides personalized week-by-week information and fetal development images. Shares the latest parenting news and health information in a customized daily stream. STAR FEATURE: A chat feature that connects you with expecting moms near you.



WebMD Pregnancy

★★★★★

Tracks pregnancy week-by-week, and has a library of information on topics like nutrition, exercise, and labor. Includes a space to keep questions for the doctor, a kick counter, and a journal. STAR FEATURE: A baby belly slideshow feature that let's you see how your baby's grown.



Pregnancy Companion

★★★★☆

Offers daily and weekly updates on developmental changes in you and your baby, nutrition guide, prenatal yoga and baby name guides, weight tracker, and more! STAR FEATURE: A drugs safety guide with 100s of drugs and their safety in pregnancy.



I'm Expecting

★★★★☆

Provides daily updates with pregnancy videos, articles, tips, and more, as well as active online health communities. STAR FEATURE: Tracks your symptoms and compares them to other moms to see how common they are.