

## Healthy Women Make Healthy Babies

*Women should be as healthy as possible before becoming pregnant.*

Preconception health is the health of a woman before she becomes pregnant. Being healthy can help increase a woman's chances of having a healthy, full-term baby.

The first few weeks of pregnancy are very important to a baby's development. The healthier a woman is, the better the chances are her baby will be healthy, because not all pregnancies are planned.

### Do you have a reproductive life plan?

A reproductive life plan is important for everyone. Your plan includes if you want to have children, how many and when.

Share your plan with your partner and make a plan together.

Having a baby is a big step for any couple. When you are ready, plan ahead for a healthy pregnancy and baby.

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Talk to your doctor.  
Make healthy choices.  
Get early prenatal care.



Uniting Fresno For  
Healthy Communities

[www.BabiesFirstFresno.com](http://www.BabiesFirstFresno.com)

Moms & Kids Hotline  
1-800-640-0333



Department of Public Health  
[www.fcdph.org](http://www.fcdph.org)

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BABIES FIRST

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## Here are a few steps you can take to improve your preconception health *before you have a baby:*

- Make a reproductive life plan and talk to your doctor about it when you are ready.
- See your doctor to make sure you are at your healthiest.
- Get regular dental check-ups.
- Do not smoke, drink alcohol, or use drugs including marijuana or cocaine.
- Talk to your doctor about any medicines you are taking.
- Make healthy eating choices and exercise regularly to be at a healthy weight.
- Take a vitamin with folic acid everyday. It may help prevent birth defects when taken before becoming pregnant.
- Get enough rest. Getting at least 8 hours of sleep can help reduce stress and tension.
- Get help for depression. Some signs are: feeling sad all the time, a loss of interest in things you used to like, or thoughts of hurting yourself. Depression can be different for everyone but there is help.

## Take care of yourself and your health. It starts with a healthy woman.

When you and your partner are ready, the healthier you are, the better it will be for your baby.

See your doctor and start prenatal care as soon as you think you may be pregnant to give your baby a good start.

To learn more about the importance of good health before, during and between pregnancies, visit:

[www.babiesfirstfresno.com](http://www.babiesfirstfresno.com)

Babies First can help pregnant women and new moms get the care they need.



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