



Tips for a Healthy Pregnancy

Get Early Prenatal Care

Schedule an appointment with your doctor as soon as you think you are pregnant. Regular medical visits and prenatal testing during your pregnancy are important to monitor your health and your baby's health.

Take Vitamins

Talk with your doctor about the importance of taking prenatal vitamins before and during your pregnancy.

Eat Healthy

The food you eat is your baby's only source of nutrition. Make healthy food choices by eating 4–6 small meals consisting of a variety of whole grains, fruits, vegetables, lean meats, and low-fat dairy products.

Get Your Rest

Your body is working hard to support the many changes happening to you and your growing baby. Ask for help with chores, cut back on activities or take a nap if needed.

Be Safe

Avoid smoking, secondhand smoke, alcohol, illegal drugs, certain foods, and other activities that can be harmful to you or your baby. Ask your doctor for more information.

Exercise

Ask your doctor about exercise guidelines. For most women, walking is safe and can help relieve stress, strengthen your abdominal and back muscles, relieve discomfort and fatigue, and control weight gain, if needed.

Take Classes

Prenatal classes teach you about the changes happening to your body, your baby's growth and development, the labor and delivery process, breastfeeding, and taking care of a newborn.

Check Medications

Check with your doctor before taking any over-the-counter or prescribed medications. Some may not be safe for your unborn baby.

Buckle Up

Seat belts lower the chance of you or your unborn baby suffering a severe injury. Wear the lap belt under your belly and position the shoulder belt to the side of your belly.

Know Warning Signs

Contact your doctor with any health concerns you have, but especially if you experience pain or cramps in your lower abdomen, blood or fluid coming from your vagina, sudden or extreme swelling of your face or fingers, dizziness, or a change in your baby's movements.



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