

Start Your Pregnancy Off Right



Are you considering having a baby, or did you just find out you're expecting? Give yourself the best chance for a healthy pregnancy and a healthy baby.



Visit your doctor. As soon as you know you're pregnant, contact your doctor. Getting regular prenatal care can help prevent complications and keeps you informed about your baby's development.



Eat right. Choose nutrient-rich foods including whole grains, fruits, vegetables, fat-free or low-fat dairy, lean meats, or protein from healthy sources like legumes, eggs, or seafood. For a healthy pregnancy, you also need between 400 to 800 mg of folic acid every day.



Manage your prescriptions. Tell your doctor about any prescription or over-the-counter drugs you take. If any are unsafe for pregnancy, your doctor can help you stop taking the drug or find an alternative.



Stay active. Working out at a moderate intensity throughout pregnancy is safe and has many benefits, including reducing back pain and constipation. Talk with your doctor about an exercise routine that's right for you.



Don't Smoke. Smoking during pregnancy or secondhand smoke is dangerous for you and your baby. If you use tobacco products, including e-cigarettes, now is the time to stop.

Pregnancy Advice for Partners

Here's how to be there for your partner at every stage:

- ✓ **First trimester** *weeks 1-13*
Attend prenatal doctor visits when possible and pitch in more at home so she can get extra rest
- ✓ **Second trimester** *weeks 14-27*
Help prepare the home for the baby's arrival and discuss parental leave options with your employer
- ✓ **Third trimester** *weeks 28-40*
Take a birthing class together and install a rear-facing car seat in your vehicle
- ✓ **Labor and delivery**
Time her contractions and know when to alert the birthing team; massage her shoulders and back, if that makes her more comfortable

Sources include U.S. Department of Health and Human Services, American College of Obstetricians and Gynecologists, U.S. Department of Agriculture, Centers for Disease Control and Prevention, and National Institutes of Health.

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