

Birth control – Pick the one that is right for you.
Use it until you are ready to get pregnant.

Each pregnancy should be at least two years apart.
Give your body time to heal and recover.

Rest. Relax. Lower your stress.

Exercise regularly. Avoid extreme diets.
Plan to eat right and keep a healthy weight.

Ask about the shots you may need.

Don't forget to see your healthcare provider for regular
check-ups and dental visits before you get pregnant.

You are in control. Know your risk for STDs and HIV. Get tested!

Plan your family budget. Be ready for the extra cost of a new baby.

Learn how to manage your health problems
such as high blood pressure and diabetes.

Avoid chemicals or harmful substances at home
and work such as lead, mercury, or pesticides.

Newborn risk – If you had a baby born early or underweight, your
next baby may be at risk. See your doctor early if you get pregnant.

Add 400 mcg of folic acid to your diet now before
you get pregnant to help prevent birth defects.

History – Know your medical and family history for high
blood pressure, diabetes, and other health problems.

Evaluate your and your partner's family history of genetic disorders
such as Cystic Fibrosis, Muscular Dystrophy, Sickle Cell Disease, etc.

Ask for help if you are in an unsafe or violent situation.

Don't smoke, drink alcohol or take drugs!