



ARE YOU THINKING ABOUT GETTING PREGNANT?

Here are some healthy tips that can help you before you are pregnant.

***Stop using Alcohol, tobacco, and any illegal drugs immediately!**

If you smoke, drink alcohol, or use street drugs your baby is also exposed to them. If you need help quitting, please call Health Plan of Michigan 1-888-437-0606.

***Learn about pregnancy.**

Get educated about pregnancy. Ask questions about things you do not understand. Call Health Plan of Michigan to request Baby & Me, a Guide to Pregnancy and Newborn Care 1-888-437-0606 ext 2007. HPM also provides Maternal & Infant Health Program in your area

***You are what you eat, so eat healthy food.**

It is a good idea to eat a balanced diet full of fruits and vegetables. Drinking lots of fluids such as low- fat milk, juices, and water is great during pregnancy. A healthy diet is the best way to make sure you gain enough weight, without gaining too much. Please talk to your doctor to find out the right weight gain for you. Don't eat raw or undercooked food during pregnancy.

***Folic Acid.**

Folic acid is a B vitamin that helps to prevent birth defects. There are some foods that have a lot of folic acid in them like dark leafy green vegetables, broccoli, orange juice, bread, pasta, cereals, and beans. One easy way to make sure you are getting the right amount of folic acid is to take your prenatal vitamins!

***Talk to your partner.**

Openly discuss your feelings about having a baby. Make sure the father of your baby is ready & committed to the health, and well being of your baby. Make sure you have his support before getting pregnant.

***Always keep track of your periods**

A missed period is the first sign of pregnancy. Always write down the dates of your period each month, when it begins and ends. This will tell you if it's late. This will also help the doctor know approximately when your baby is due.