

# Tips for a healthy pregnancy and a healthy baby.

Now that you know you are pregnant, it is important that you and your baby receive the support and care you need to have a healthy pregnancy and birth. We are here to help you give your baby the best chance for a healthy life!

## Healthy Start, Healthy Life

1. Did you know that mothers who receive prenatal care within the first 12 weeks of their pregnancy have healthier pregnancies, and that babies of mothers who do not receive prenatal care are five times more likely to die than babies born to mothers who do?
2. Did you know that during the last few weeks of pregnancy a baby's brain, liver, lungs, and other major organs are still growing and their ears and eyes are still developing?
3. Babies need at least 39 weeks in the womb to grow, develop, and be healthy at birth. Prematurity is the leading cause of infant death and life-long disorders such as cerebral palsy, blindness, and deafness.
4. Did you know that mothers who do not gain enough weight during pregnancy are more likely to have babies born prematurely, with a low birth weight, and/or with birth defects?
5. Mothers also benefit from breastfeeding! Mothers who breastfeed experience less loss of blood, heal faster after childbirth, and can create a stronger emotional bond with their baby.

## Dads Matter

1. Did you know that women whose partners are involved in their pregnancy are 1.5 times more likely to seek early prenatal care?
2. Did you know that babies who do not have fathers in their lives during pregnancy are more likely to be born premature?
3. Dads can also have a positive influence on mom's health during pregnancy. Women who smoke whose partners are involved in their pregnancy are more likely to reduce cigarette consumption in pregnancy by 36% compared to women who smoke and do not have an involved pregnancy partner.
4. Did you know that children whose fathers are involved in their lives tend to have less social and emotional problems, score higher on reading tests, and perform better in school?

5. As a dad, there is so much you can do before, during pregnancy, and after the birth of your baby to ensure your baby, your partner, and your family are healthy and strong!

## Stress, Smoking, and Substance Use in Pregnancy

1. While it is normal for women to experience increased stress levels related to hormonal and mood changes during pregnancy, did you know that high stress levels among pregnant women can lead to high blood pressure, and premature and low birth weight babies?
2. Did you know that smoke, alcohol, and drugs can pass directly from mother to baby during pregnancy through the placenta and umbilical cord and can cause miscarriages, preterm births, and birth defects?
3. The use of alcohol, cigarettes, and/or drugs during pregnancy can lead to premature birth and a low birth weight for baby, and can cause your baby to have health and developmental problems throughout their lifetime.
4. Mothers who smoke during pregnancy are also at higher risk of preterm delivery and having babies with birth defects (cleft palate, heart defects, etc.) and other lifelong health issues such as asthma.
5. Smoking during pregnancy causes low birth weight in at least one out of five babies. Up to 5% of infant deaths could be prevented if mothers did not smoke during pregnancy.



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Network**

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