



HEALTH SERVICES DIVISION  
COMMUNITY HEALTH NURSING  
MATERNAL AND CHILD HEALTH  
AIDA FEDERICO—879-6299  
ALMAROSA VALENCIA—879-6116

*Healthy Mothers,  
Healthy Babies*



## Healthy Mothers, Healthy Babies

### TAKE CARE OF YOURSELF BEFORE YOU MAKE A BABY

- Eat a well balanced diet
- Exercise regularly
- Take Folic Acid
- Be sure you have been immunized against Rubella (German Measles)
- If you smoke, stop

### WHEN PLANNING TO MAKE A BABY:

- See your doctor to make sure you're in good health
- Ask your doctor for prenatal vitamins
- Check on family history for you and your partner for diseases and birth defects. Talk with your doctor about it.
- Avoid smoking, alcohol and street drugs
- Avoid hot tubs, saunas and spas
- Avoid changing kitty litter
- Check with your doctor about taking any medications...prescriptions or over the counter

**Remember...if you begin your pregnancy in the best possible health...increase your chances of having a healthy pregnancy and a healthy baby!**



## Healthy Mothers, Healthy Babies

### YOU CAN PREVENT YOUR BABY FROM BEING BORN TOO SOON

#### Risks:

Have you ever had a premature baby?

Are you pregnant with more than one baby?

Have you ever gone into labor too early?

If so, watch for these warning signs of pre-term labor:

- ◆ Regular contractions which happen more than 2 in 20 minutes. These may be painless.
- ◆ Menstrual like cramps or cramping in bowels with or without diarrhea.
- ◆ Dull, low back pain, which feels different from what you normally feel.
- ◆ Pelvic pressure which feels as though the baby is pushing down.
- ◆ Vaginal discharge that has suddenly increased. It may be mucousy, watery or lightly bloody.
- ◆ A general feeling that something is not right.

If you have any of these warning signs, please call your doctor or health care provider immediately.

## Healthy Mothers, Healthy Babies

### YOUR BABY NEEDS A LOVING, CARING PARENT

- Establish a routine in caring for your baby-Be Consistent
- Keep you baby's immunizations up-to-date
- Schedule well baby check-ups at 2, 4, 6, 12 & 18 months
- Hold your baby and tell them they are loved
- Never, never, never shake your baby

### ACTIVITIES FOR YOU AND YOUR BABY

- Smile and respond to the sounds your baby makes
- Talk to your baby as though they can understand
- Provide your baby with different textures to feel and patterns to see
- Read and sing to your baby
- Spend time with your baby outside the house
- Let your baby know you are there whenever they cry
- Hug your baby when they are sad or hurt

**Remember—Your baby learns from you!  
Enjoy your baby!!**

