

Healthy Beginnings:

Prenatal Care made simple



Why Prenatal Care Matters

- Supports healthy pregnancy for both parent and baby
- Helps detect and prevent complications early
- Provides education, resources, and emotional support



What to Expect at Visits

- Blood pressure, weight, and urine checks
- Blood work (iron levels, blood type, gestational diabetes screening)
- Ultrasounds for growth and development
- Education on nutrition, exercise, and lifestyle



Common Pregnancy Concerns

- Morning sickness (ginger, small frequent meals, hydration)
- Fatigue (rest, balanced meals, light exercise)
- Swelling (elevate feet, hydration, limit salt)
- Back pain (stretching, supportive shoes, good posture)



Preparing for Birth

- Create a birth plan (preferences for pain management, delivery, support people)
- Tour the hospital or birthing center
- Pack a hospital bag (ID, insurance card, clothes, baby essentials)



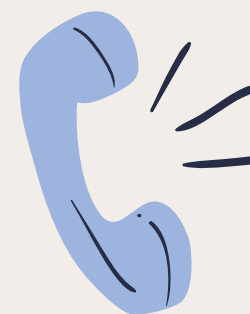
First Steps in Prenatal Care

- Schedule your first prenatal visit (ideally in the first trimester)
- Choose your provider: OB/GYN, midwife, family physician
- Gather family medical history



Healthy Habits for Pregnancy

- Nutrition: Eat balanced meals with fruits, vegetables, lean proteins, whole grains, and prenatal vitamins (folic acid, iron, calcium)
- Hydration: 8–10 cups of water daily
- Exercise: Moderate activity (walking, swimming, prenatal yoga) unless contraindicated
- Rest: Aim for 7–9 hours of sleep
- Avoid: Alcohol, smoking, drugs, and limit caffeine



Warning Signs- When to call a Doctor

- Severe headache or vision changes
- Heavy bleeding or fluid leakage
- Severe abdominal pain
- Decreased fetal movement after 28 weeks
- Sudden swelling of hands, feet, or face



Helpful Resources

- March of Dimes- <https://www.marchofdimes.org/>
- CDC Pregnancy- <https://www.cdc.gov/pregnancy/>
- Office on Women's Health – <https://womenshealth.gov/pregnancy>
- Plana- <https://plana.org/>
- Text4Baby – free texts for tips throughout pregnancy