

# 10 TIPS FOR A HEALTHY PREGNANCY

1. See your health care provider as soon as you think you are pregnant and make sure to keep all health care appointments.
2. Eat a balanced diet and drink lots of liquids: 3 healthy meals a day, 6 to 8 glasses of water, fruit juice or milk every day, and take vitamins high in folic acid.
3. Exercise regularly (i.e. try walking for 30 minutes three times a week).
4. Don't smoke, drink alcohol or use street drugs. They can hurt you and your baby.
5. Wear your seatbelt when you travel by car, van or truck.
6. Don't take any medicine – even an aspirin – without asking your health care giver if it's safe.
7. Read the label for directions and warnings before you use paint, bug spray, cleaner or other chemicals.
8. If you own cats, avoid changing the litter box while pregnant.
9. Tell your health care provider and your dentist that you are pregnant before getting any X-rays or any other dental work.
10. Share your feelings — whether you're excited, scared, happy or nervous – with your friends, family and provider.

**PARTNERS**



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