Thinking of having a baby? Or not?
Tips for a healthier baby and a healthier you!

**What is Preconception?**
Preconception is the time period before a woman becomes pregnant.

**DID YOU KNOW?...**
Women who get advice before they get pregnant are less likely to have babies that are born early, born with birth defects, or with other complications.

Many women do not know they are pregnant for many weeks.

By week 7 of a pregnancy, every major organ has formed in your baby.

**Health Behaviors**
* Obesity increases your risk for complications. To learn more, click [here](#).

* Be active for at least 30 minutes 3-4 times per week.

* Using condoms lowers your risk for sexually transmitted diseases which can have a bad effect on your baby.

* Wear a seatbelt while riding in or driving a vehicle.

* Stop smoking. Smoking can raise the risk of pregnancy complications. Click [here](#) for help.

* Do not drink alcohol or use drugs.

* Try to get 8 hours of sleep per night for your overall health.

* Ask your provider for help if you have anxiety, depression, or other mental health issues.

* Eat a healthy diet. For examples of healthy food choices click [here](#).

**Folic Acid** A multivitamin that has 400 mcg of folic acid should be taken daily. For more information on folic acid: [Folic Acid](#)

**Genetic Screening** Ask your provider to do a 3 generation family history. They will tell you if there is any risk for certain conditions that may affect your pregnancy. Women over 35 are at more risk for some genetic disorders. For more information: [Genetic Counseling](#)

**Medication** Notify your provider of all medicines you take. Blood pressure, diabetes, acne and other medicine can hurt your baby.

**Immunizations** Ask your provider if you are up to date on your vaccines. It is important to help protect you and your baby from infection. For more information visit: [Vaccines](#)

**Chronic Medical Conditions** Diabetes, hypothyroidism, and other diseases can affect your baby’s development. Talk to your provider if you have any medical problems.

**Environment** Stay away from household, neighborhood, and work exposures that could be toxic to you or a developing baby. For more information visit: [Toxic Matters](#)

**Family Planning**
If you do not plan on having children, you may want to think about ways to not get pregnant. Since 50% of pregnancies are unplanned, it is also a good idea to talk with your partner about what you will do if you do get pregnant.

Talk with your provider about different ways to prevent pregnancy.

Whether or not you are planning on getting pregnant, these tips will help you be healthy for yourself and your future baby. Click [here](#) for more information.

Visit the [Center for Disease Control and Prevention](https://www.cdc.gov) for more tips!