

Web-sites for Preconception Health Information

GENERAL HEALTH

www.womenshealth.gov

Pregnancy, fitness, violence

www.womenshealth.gov/publications/our-publications/lifetime-good-health/?source=govdelivery

HHS A Lifetime of Good Health Project

www.cdc.gov/niosh

Information on occupational safety and health (environmental exposure, toxins to avoid if pregnant or planning)

www.marchofdimes.com/pregnancy/getready.html

March of Dimes website on getting ready for pregnancy

NUTRITION

www.choosemyplate.gov

General nutrition and healthy eating information

www.americanpregnancy.org/gettingpregnant/womenpreconception.htm

Preconception nutrition information from the American Pregnancy website

www.americanpregnancy.org/

Foods to avoid when pregnant from the American Pregnancy website

FINANCES

www.cnpp.usda.gov/calculatorintro.htm

Department of Agriculture cost of raising a child, financial calculators

www.naccrra.org

Information on the cost of child care

CRISIS SUPPORT

www6.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/bhcs/vs.asp

Montgomery County, MD Abused Persons Program

www6.montgomerycountymd.gov/fjctmpl.asp?url=/content/fjc/index.asp

Montgomery County, MD Family Justice Center

www.thehotline.org

National Domestic Violence Hotline

www.loveisrespect.org/about-national-dating-abuse-helpline

National Dating Abuse Helpline

 Do you know someone who's planning a pregnancy? Share this checklist!



Montgomery County, Maryland
Department of Health & Human Services

Improved Pregnancy Outcomes
*Every Woman, Every Medical Visit
Talk About Your Life Plan*

For Montgomery County Programs and
Information, Call 311

or check the following websites at:

www.montgomerycountymd.gov

www.infoMONTGOMERY.org



Montgomery County, Maryland
Department of Health
and Human Services

My Reproductive Life Plan

Increase your chances
of having a healthy baby
someday by becoming
and staying healthy
now and by planning
your pregnancies.



You can increase your chances of having a healthy baby someday by becoming and staying healthy now and by planning your pregnancies. Here's how!

Check items you would like to discuss with your doctor and bring your checklist to your next medical appointment.

Plan Ahead

Decide when or if you want children – plan ahead:

- I am not sure
- I do not want to have children
- I want to have a child:
 - Now
 - Within the next five years
 - Sometime beyond the next five years

Think about what you want to do before you get pregnant. I want to:

- Be in a healthy relationship
- Finish school
- Travel
- Be financially stable

Think about what would be ideal for you and your life:

- At what age do I want to start having children?
- How many children do I want to have?
- How far apart would I like to space my children?
- What method of family planning do I want to use until I'm ready to get pregnant?

All About Me

Being overweight can cause problems for you and your baby during pregnancy. Obesity could make it harder for you to become pregnant.

- Am I at a healthy weight?
- How can I reach my healthy weight?
- What can you recommend to help achieve my ideal weight?
- Do I have a healthy diet?
- How much regular exercise do I need?

It is important to see a doctor before getting pregnant, especially if you have:

- Epilepsy
- Diabetes
- Low thyroid
- High blood pressure
- Asthma
- Genetic problems that run in the family

If you take certain medicines like anti-seizure medicines, blood thinners or prescription treatments for acne:

- Do you take these or other medications regularly?
 - Yes
 - No
- Have you talked to your doctor about taking these medicines before or during a pregnancy?
 - Yes
 - No



Be Healthy

You can increase your chances of having a healthy baby someday by becoming and staying healthy now, and by planning your pregnancies:

- Get help if you are experiencing domestic violence
- Make sure your immunizations are up to date
- Avoid using alcohol and drugs
- Take a daily multivitamin with 400 mcg of **folic acid**
- Choose water over juices and sodas
- Eat 2-3 servings of low-fat dairy products a day
- Choose fresh fruits, veggies, and whole grains whenever you can
- Reduce salt intake to less than 1500 mg a day
- Try for 30 minutes of activity 4-6 times per week
- Avoid smoking and second hand smoke
- Protect yourself from sexually transmitted diseases (STDs)
- Take time for yourself: reduce and manage stress