

# Web-sites for Preconception Health Information

## GENERAL HEALTH

[www.womenshealth.gov](http://www.womenshealth.gov)

Pregnancy, fitness, violence

[www.womenshealth.gov/publications/our-publications/lifetime-good-health/?source=govdelivery](http://www.womenshealth.gov/publications/our-publications/lifetime-good-health/?source=govdelivery)

HHS A Lifetime of Good Health Project

[www.cdc.gov/niosh](http://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](http://www.marchofdimes.com/pregnancy/getready.html)

March of Dimes website on getting ready for pregnancy

## NUTRITION

[www.choosemyplate.gov](http://www.choosemyplate.gov)

General nutrition and healthy eating information

[www.americanpregnancy.org/gettingpregnant/womenpreconception.htm](http://www.americanpregnancy.org/gettingpregnant/womenpreconception.htm)

Preconception nutrition information from the American Pregnancy website

[www.americanpregnancy.org/](http://www.americanpregnancy.org/)

Foods to avoid when pregnant from the American Pregnancy website

## FINANCES

[www.cnpp.usda.gov/calculatorintro.htm](http://www.cnpp.usda.gov/calculatorintro.htm)

Department of Agriculture cost of raising a child, financial calculators

[www.naccrra.org](http://www.naccrra.org)

Information on the cost of child care

## CRISIS SUPPORT

[www6.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/bhcs/vs.asp](http://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](http://www6.montgomerycountymd.gov/fjctmpl.asp?url=/content/fjc/index.asp)

Montgomery County, MD Family Justice Center

[www.thehotline.org](http://www.thehotline.org)

National Domestic Violence Hotline

[www.loveisrespect.org/about-national-dating-abuse-helpline](http://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 and Human Services

## Improved Pregnancy Outcomes Program

For Montgomery County Programs  
and Information, Call 311

[www.montgomerycountymd.gov](http://www.montgomerycountymd.gov)

[www.infoMONTGOMERY.org](http://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?

**Every Woman . . . Every Medical Visit . . .  
Talk About Your Life Plan**

## 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