

Are you pregnant? Take care of yourself and your baby



1

See a doctor **right away**.



2

Go to **all** of your checkups.



3

Call your doctor or midwife if you have a problem or a question.



4

Learn about having a baby.

 [More on page 2](#)



5

Take prenatal classes.
Prenatal means “before birth.”



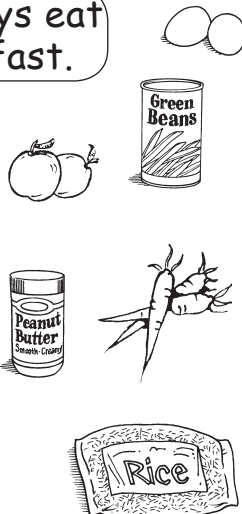
6

Go to the dentist
 for a checkup.
 Brush twice a day.
 Floss every day.

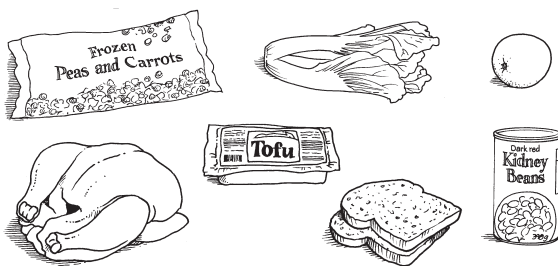


7

I always eat
 breakfast.



Eat healthy food.
 Try to eat every 3 to 4 hours
 while you are awake.
 Have a snack before bed.



8

Drink milk
 and eat other food
 with calcium.



[More on page 3](#)



Take prenatal vitamins every day.



Get enough sleep. Rest when you can.



Walk!
Walking is good for most women.

12 Some things can hurt you and your baby.

- ✓ Don't smoke.
- ✓ Don't drink alcohol.
- ✓ Don't use street drugs.



- ✓ Talk to your doctor or pharmacist before you take herbs and medicines.



- ✓ Drink less coffee, tea and cola.



[More on page 4](#)



Tips for dads, family and friends

- ✓ Do household chores.
Ask, “What can I do
to help you?”



- ✓ Help plan for the baby.
For example, help get
baby supplies.



- ✓ **Never** smoke
near pregnant women
or children.



Photos—see a doctor, calling doctor, doctor on phone, brush and floss: Maureen Day; doctor checkup, learn about having a baby, eating breakfast, walking: Corinna Ruhl; prenatal class, dentist checkup, drinking milk, taking vitamin: Bev Burke; sleeping, objects (#12), laundry basket, baby supplies: iStockphoto • Art—line art: Nola Johnston; colour art: Guy Parsons • Special thanks to the Multicultural Health Brokers Co-op, Health for Two (Capital Health Region), Best Beginning (Calgary Health Region), Alberta Medical Association, Alberta Health and Wellness • Reference: Health for Two • Series produced by English Express and The Westcoast Reader