



RIGHT NOW, YOU'RE HELPING THE HEALTH OF THE BABY YOU'RE CARRYING.

Someday starts now.

Visiting the doctor regularly is important for your health. And it's one way to increase your chances of giving birth to a healthy baby. Ask your doctor about foods to eat, exercises to do and other ways to live healthily. Also, check out health tips and the birth plan tool at SomedayStartsNow.com.

ASK YOUR DOCTOR ABOUT:

- **BREASTFEEDING:** Why is breastfeeding best for me and my baby?
- **YOUR WEIGHT:** How much weight should I gain when I'm pregnant?
- **GOING FULL-TERM:** Why is it important to carry my baby 39 weeks or more? Why is it better for labor to begin on its own in a healthy pregnancy?
- **YOUR MOOD:** If I'm depressed while pregnant, can you help me?
- **YOUR RELATIONSHIP:** If I'm in an unsafe relationship, how can I get help?
- **YOUR LIFESTYLE:** Are there things about my home, work or hobbies that could put my pregnancy at risk?
- **A BIRTH PLAN:** What should I expect when I go to the hospital? What is a birth plan?
- **PARENTING:** Are there classes for labor and birth, breastfeeding or caring for a new baby?
- **PEDIATRICIANS:** Can you recommend a doctor for my baby?





Due Date
5/4/2019

RIGHT NOW, YOU'RE IMPROVING THE HEALTH OF THE BABY YOU MAY HAVE YEARS FROM NOW.

Someday starts now.

Visiting the doctor regularly is important for your health. And it's one way to increase your chances of having a healthy baby in the future. Ask your doctor about foods to eat, exercises to do and other ways to live healthily. Also, check out health tips and life-planning tools at SomedayStartsNow.com.

IF YOU WANT A BABY SOMEDAY, ASK YOUR DOCTOR ABOUT YOUR:

- **HEALTH:** How does my health today affect the baby that I might have in the future?
- **AGE:** When should I start a family — are there risks as I get older?
- **LIFESTYLE:** Should I exercise more? What should I eat? What should I do about stress? What should I look for in a vitamin? Are there any other risks I should consider?
- **MEDICAL HISTORY:** How will my family's medical history affect my pregnancy when I'm ready to have a baby?
- **LIFE PLAN:** What is a life plan? Can you help me write one?
- **WEIGHT:** When it comes to getting pregnant, does my weight matter? How can I keep my weight healthy?
- **RIGHTS AT WORK:** What are my rights at work if I am pregnant?
- **RELATIONSHIP:** Sometimes I feel unsafe in my relationship. Where can I get help?

