Community Health Plan
LOS ANGELES COUNTY

PREGNANCY

Have a Healthy Baby

Baby care starts long before the baby comes. You can give your baby a healthy start, even before you get pregnant.

WHY YOU NEED REGULAR CHECK-UPS

See the doctor before you get pregnant and while you are pregnant. This way, the doctor can keep track of the baby's health and yours. Any problems can be taken care of quickly.

WHAT TO DO BEFORE YOU GET PREGNANT

Ask your doctor if you need any shots. Start taking vitamins made for pregnant women three months before you plan to get pregnant. Take folic acid, which protects your baby's brain and spine.

MORE WAYS TO GIVE YOUR BABY A GOOD START

- Keep taking vitamins made for pregnant women
- Have a healthy body weight
- Eat healthy foods
- Exercise each week
- Tell your doctor if you are taking any vitamins or herbs
- Take classes on birth and baby care

WHAT NOT TO DO WHEN YOU ARE PREGNANT

- Don't smoke, drink or take drugs
- Don't go in hot tubs or get x-rays
- Stay away from cat litter and places where cats go to the bathroom
- Stay away from things like bug spray and cleaners
- Don't drink a lot of caffeine

EATING HEALTHY

Eat four to six smaller meals instead of three big ones. Try not to eat too much. Drink at least six to eight glasses of water, juice or milk each day.

FOODS TO AVOID WHEN YOU ARE PREGNANT

- Raw fish
- Raw or lightly cooked eggs
- Meats that are not cooked enough
- Herbs taken in pill form
- Soft cheeses and Mexican style cheeses

AFTER THE BABY IS BORN

You and your baby should both see a doctor. Your baby will need regular check-ups in the months and years to come.

A healthy start is one of the best gifts you can give to your baby.