

10 Tips for Becoming Emotionally & Physically Ready for Pregnancy

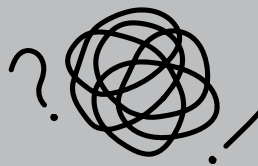


Take a multivitamin and 400 micrograms of Folic Acid every day



Get a preconception checkup before you get pregnant to help make sure you're healthy.

Prepare for the aspects of labor and birth that may be triggering for you by reviewing resources.



Try to eat healthy and be active every day to increase your heart rate and strengthen your muscles.



Have an open conversation with your healthcare providers about any concerns and feelings.



Talk to your provider about the best time for your body to get pregnant after a miscarriage or stillbirth.



Speak to your healthcare provider about possible support groups or counselors.

Prepare a labor coping or birth plan.



Discuss your needs with your partner or other helpers about what you need during labor.

Make sure to avoid harmful things.



Mecklenburg
Birthing
Connections