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.
- Discuss your needs with your partner or other helpers about what you need during labor.
- Prepare a labor coping or birth plan.
- Speak to your healthcare provider about possible support groups or counselors.
- Make sure to avoid harmful things.

Mecklenburg Birthing Connections