

8 STEPS TO PLANNING FOR PREGNANCY



1.

Make a pregnancy plan

2.

Talk with a healthcare provider to review your medical history

3.

Take 400 Micrograms of folic acid every day

4.

Avoid drinking alcohol, smoking, & using harmful drugs

5.

Avoid toxic & poisonous things & stuff that harms nature

6.

Eat healthy, move your body, & be active

7.

Learn your family history

8.

Manage and reduce stress