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

Mecklenburg Birthing Connections