

STEP ONE



For a Healthy Pregnancy



Pregnant?

Benefits of seeing your doctor early

Track your baby's development



Get important information on women's health



Detect any potential health concerns



Get the care needed to help you deliver a healthy, full-term baby



Support for emotional and physical needs of pregnancy



Prepare you for baby's delivery



Call 614-721-0009 or visit celebrateone.info/StepOne

Learn about nutrition for your baby

Understand the benefits of breastfeeding



Learn about what you should and should not eat while pregnant



Build a better understanding of well-baby care



Connection to programs and community resources



Facts You Should Know

I may be able to go to the clinic in my community for convenient prenatal care.

TRUE

Health care clinics within your community offer convenient, high quality care. If needed, these clinics will also work with hospitals and private practices to make sure you get personalized care throughout your pregnancy.

A pregnant smoker is at a higher risk for problems in her pregnancy.

TRUE

Smoking during pregnancy increases the risk of premature birth, sleep-related death, low birth weight and birth defects. Call 1-800-QUIT-NOW to work on a plan to quit smoking.

I should take folic acid before and during pregnancy.

TRUE

Taking folic acid before and during pregnancy can help prevent birth defects of the brain and spine.

I don't need prenatal care because I'm taking prenatal vitamins and I got an ultrasound.

FALSE

Early and regular prenatal care is essential throughout your pregnancy. The doctor can track your condition and let you know if any problems may show up later in your pregnancy.

I don't have health insurance so I can't see a doctor.

FALSE

There are resources available for uninsured or underinsured pregnant women to make sure you have access to the prenatal care you need.

Call 614-721-0009 to get help.

I can drink alcohol in moderation.

FALSE

There's no safe level of alcohol intake during pregnancy. Federal data has shown that 1 in 6,000 U.S. newborns have fetal alcohol syndrome or fetal alcohol spectrum disorder.

I should wait at least two years between giving birth and getting pregnant again.

TRUE

Waiting two years between pregnancies allows your body time to recover from childbirth. Spacing your pregnancies also decreases the risk of premature birth, low birth weight and other complications.

I don't need to see a doctor as soon as I find out that I am pregnant because I feel fine.

FALSE

Seeing a doctor early and regularly during your pregnancy increases your chances of having a healthy delivery, a healthy baby and a healthy you.

Because I've had a premature baby(s) before, my risk increases for having another baby early.

TRUE

Having a premature baby(s) raises your risk of having another premature birth. Through early and regular prenatal care, your doctor can help you get the best treatment to increase your chances of carrying your baby to term.

I already had a baby(s) and had no problems, so I don't need to see a doctor as soon as I find out that I am pregnant.

FALSE

Early and regular prenatal care is very important for each of your pregnancies. Babies of mothers who do not get prenatal care are five times more likely to die than those born to mothers who do get care.

See your doctor to determine what's best for you and your baby.