Have a Healthy Baby

Give your baby a good start in life. Take care of your baby before he or she is born. As soon as you think you are pregnant, go to your doctor or clinic. Your doctor can check to make sure that your baby is growing all right. The doctor will ask about your medical history. The doctor will also check to see if you have diabetes, anemia (low iron in your blood), or any other health problems. These can hurt your baby too.

Don't take any medicines or home cures while you are pregnant unless your doctor says so. Don't take:

- baking soda
- aspirin
- cough syrup
- tranquilizers
- antacids
- laxatives
- sleeping pills
- nasal spray
- old medicines

Medicines that are safe for you can hurt your unborn baby.

Some things you can do to keep you and your unborn baby healthy:

- Don't use drugs.
- Don't smoke.
- Don't drink alcohol. Drinking can cause brain damage and other serious problems for your baby. Even a little alcohol can hurt the baby.
- Eat a variety of foods.
- Don't eat "junk" food like candy, chips, cookies, fatty foods. These foods don't have much value.
- Drink lots of water every day.
- Don't have X-rays.
- Get enough rest.
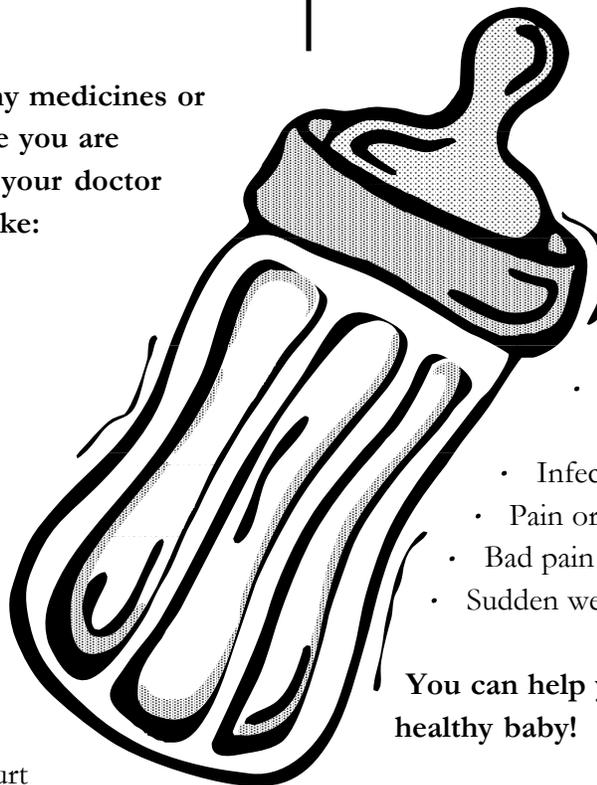
If you have any of these signs, go to your doctor or clinic right away.

- Sudden or constant bleeding from the vagina
- Swelling of your face, hands and feet
- Vomiting and often feeling sick to your stomach
- Infection, chills or fever
- Pain or burning when you urinate
- Bad pain in your stomach, back or legs
- Sudden weight loss

You can help your baby get a good start. Have a healthy baby! ■