

ABC'S of a Healthy Pregnancy

- A** Allow time for yourself
- B** Be smoke free
- C** Cat nap
- D** Drink 8 to 10 glasses of water a day. Drink milk and juice, too (*No alcohol and limit coffee*)
- E** Eat more fruits and vegetables
- F** Find out why breast milk is best
- G** Go for a walk, do gentle exercise
- H** Have 3 to 6 healthy meals a day
- I** Increase your milk intake (*Get free milk coupons at your Healthy Baby program*)
- J** Just enjoy the experience
- K** Keep all your prenatal medical appointments
- L** Learn all you can about your baby's growth and development (*Go to a Healthy Baby program to get your free copy of Baby and Me*)
- M** Make sure you smile and laugh everyday
- N** Nurture your spirit
- O** Open up to new experiences
- P** Put your feet up
- Q** Question your doctor, public health nurse or your Healthy Baby program about how you can be as healthy as possible
- R** Read nursery rhymes to your belly
- S** Start thinking about breastfeeding
- T** Take prenatal vitamins (check with your health care provider)
- U** Unwind with a friend
- V** Visit a Healthy Baby program (*It's a friendly place to ask questions about your pregnancy*)
- W** Weight gain is an important part of pregnancy
- X** X-rays should be avoided
- Y** You are special, take pride in yourself
- Z** Zero alcohol, zero drugs

Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area. Call 945-1301 or toll-free at 1-888-848-0140 (945-1305 for the Telephone Device for the Deaf). If you live in a First Nation community, call 983-4199 and ask about federal programs.



Putting children and families first