

Be good to your baby before it is born!

The things you do when you are pregnant affect your growing baby and you.

For baby's sake:

EAT WELL

Use your *Healthy Baby Prenatal Benefit* to buy extra milk, fruits and vegetables, eggs, nuts, meat or prenatal vitamins with iron. (Check about vitamins with your healthcare provider first.)

DRINK MILK & WATER

DON'T DRINK ALCOHOL - it can affect the brain, health and behaviour of your child.

DON'T TAKE DRUGS

BOTH LEGAL AND ILLEGAL DRUGS CAN DAMAGE YOUR BABY. These drugs include cold remedies, aspirin or tylenol, sleeping pills, marijuana, uppers, downers, pain killers, cocaine, inhalants and others.

EXERCISE DAILY

KEEP MOVING (walking, stretching, swimming). You will feel better, be less tired, have less back pain and possibly an easier delivery!

STOP SMOKING

IF YOU CAN'T STOP, TRY TO CUT DOWN. When you smoke, your unborn baby smokes too. The baby gets less oxygen and its growth is affected. You could have a miscarriage, premature baby or stillbirth. Babies and children in smoking homes have more health and breathing problems. To stop or cut down, remember the 4 "D's":

Delay • Do Something Else

Deep Breathe • Drink Water

**The 4D's are suggestions in the Getting Ready booklet by the Community Health Research Unit, Ottawa.*

AVOID STRESS

If stress is part of your life, be sure to get lots of rest. Rest or nap 10 to 15 minutes, two or three times a day. Try to get 8 or 9 hours of sleep at night.

BE WITH POSITIVE PEOPLE

ONE WAY TO DO THIS: Join a friendly *Healthy Baby* program near you. Women and teens (dads and partners too) say they learn a lot about nutrition, health and caring for their babies. They also say they feel supported—and enjoy meeting other parents and having a healthy snack!

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.



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Putting children and families first