



Healthy Women Make Healthy Babies

**Talk to your doctor.
Make healthy choices.
Get early prenatal care.**

Take care of yourself before, during, and after pregnancy.

Make Healthy Choices

It's good for you and your baby.

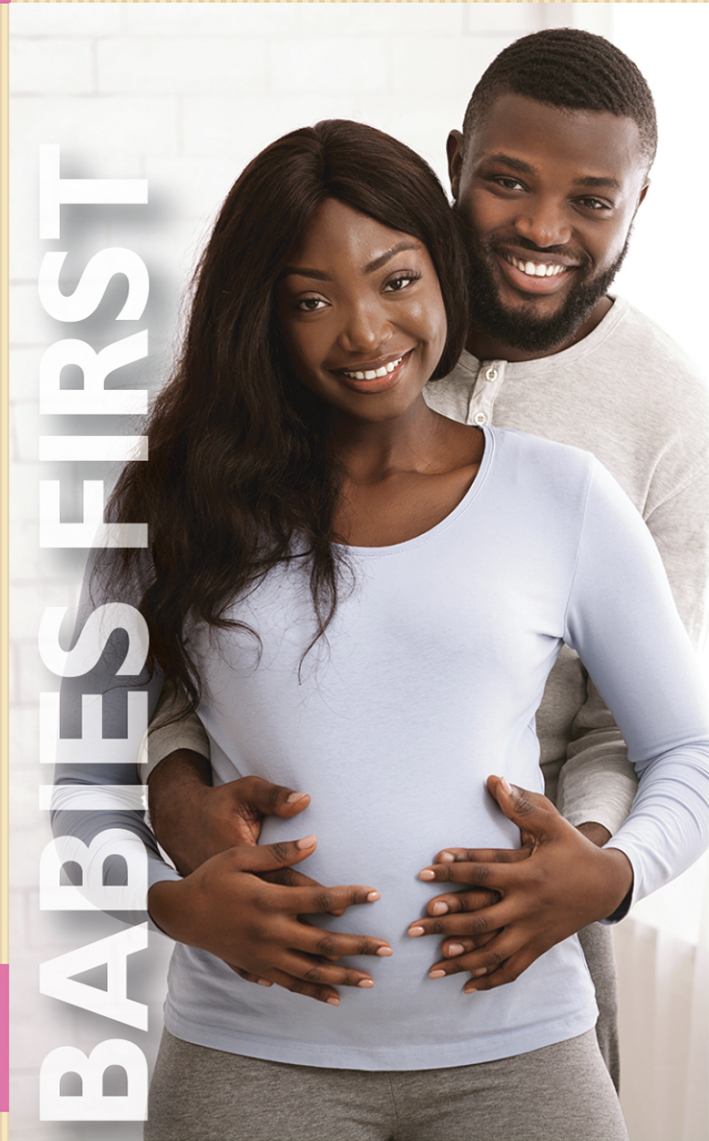


(559) 600-7191
www.BabiesFirstFresno.com



Department of Public Health
1221 Fulton Street, Fresno, CA 93721
(559) 600-3330
www.fcdph.org

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BABIES FIRST

Healthy Women Make Healthy Babies

Babies First has trained staff that can help.

Case management services for pregnant and parenting women and families include:

- Regular home visits
- Support during and after pregnancy
- Linkage to available community resources
- Education about pregnancy, child development, breastfeeding and much more.

If you are pregnant, start prenatal care in your first trimester and go to all your appointments.

Do you have a doctor?

Babies First can help.

If you do not have insurance or a way to pay for prenatal care, you may qualify for Medi-Cal or other programs.



“Babies First helped me be the best mother I could be to my child.”
~ Latisha B.



What is healthy for you and your family?

- See your doctor regularly
- Get dental care, visit your dentist at least once a year
- Exercise every day
- Do not smoke
- Get enough rest
- Take a vitamin with folic acid
- Eat healthy foods like fruits and vegetables
- Do not use drugs or drink alcohol

Remember moms and dads need to take care of themselves too.

Folic Acid is important!

It is a B vitamin that helps the body make new red blood cells for growth and repair. Taking folic acid may reduce the risk of birth defects.



Find out how Babies First can help.

Call: (559) 600-7191 or visit us online at: www.BabiesFirstFresno.com