



Are You Ready
**To Hold Me...
 To Provide For Me...
 To Love Me...**

To talk about planning a healthy pregnancy or about being pregnant, call:

1-800-FOR-BABY (in N.C.)

1-800-367-2229

TTY for hearing impaired:

1-800-976-1922



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... And To Be My Mommy?

*“Is there a chance you could get pregnant?
 Are you thinking about having a baby? Or
 about having another baby? My health and
 well being will be in your hands for many,
 many years.”*

Make Sure You're Ready For Me

If there's any chance you could get pregnant, make sure you and my daddy plan to stay together for a long, long time.

Think about how you're going to pay for what I'll need. Good food, clothes, and a comfortable home.

Have you finished school? You can get a better job if you have. You'll feel proud if you can take care of all my needs.

When you're pregnant, and after I'm born, you'll need people you can count on. Do you have family or good friends you can depend on?

Everybody needs friends. To enjoy the good times together. And to give you a hand when you need it.

A lot of women get pregnant without planning. Even so, it's never too late to do your best for me to be born healthy. Even if you've had a baby before that's true. Here are a few things you should know.

Lifestyle

Lifestyle means the way you live your life — certain things you do — that affect your health and mine. These include smoking, drinking, using drugs, how you eat, and waiting enough time between babies. You can do something about them all.

Timing If you just had a baby, wait until your baby is at least one before you get pregnant with me. Your body needs to rest and recover. I could have some problems if you have me too soon after another baby.



"I stopped drinking — even wine coolers — when I decided to have a baby. I wanted my baby to be healthy. When she was born, she was the picture of health. I'm so proud of what I did."

Alissa, age 22, mother of 16-month old Teresa

Smoking If you want me to be healthy, this is a good time to give up smoking. If you smoke, I may be born too small. Even if someone around you is smoking, it's bad for us both.

Don't worry if you gain a few pounds when you quit smoking. It's okay to gain weight when you're pregnant, and no one will notice when you're pregnant with me.

Alcohol No one knows a safe amount of alcohol to drink if you want me to be healthy. Drinking beer, wine, wine coolers, or liquor may cause you to miscarry — I won't even be born.

Street Drugs You do know the danger of street drugs, don't you? I could be born with a drug addiction, or be too early or too small. Street drugs can also cause me to have a stroke, birth defect, or learning disorder. Is it really worth the risk?

Eating Right Eating healthy food makes us both more healthy. There's a B vitamin — folic acid (folate) — that can help prevent some birth defects. Get enough (.4mg) every day before you get pregnant with me.



Folic acid is now added to all bread, cereal, and pasta — like spaghetti. So it will be easier for you to get enough.

You can also get folic acid in a multivitamin and in some foods. Like green leafy vegetables, dried beans, and juices such as orange, tomato, and pineapple.

Maybe you're concerned about your weight. But did you know it could affect me too? If you weigh too little, I could be born too small. And if you weigh too much, you could get high blood pressure or diabetes (high blood sugar) when you're pregnant with me.

Medical History

Some diseases run in families. They include diabetes (high blood sugar), high blood pressure, Tay-Sachs disease, sickle cell, and cystic fibrosis. These can be passed on to me or might cause problems with your pregnancy.

Before you decide to get pregnant, get some advice from people who can help you — like your doctor or a genetics counselor.



Talk to your doctor about medicines, past pregnancies and your medical history. She can help you make the right decisions about having me.

If you're taking any medicines — prescription or the kind you buy without a prescription — please talk with your doctor or nurse. Some of them may not be safe for me.

Have you ever had problems having a baby? Have you had a baby with birth defects, or who was born too small, or who needed extra care? Have you had a baby born too early — before he was ready to be born?

If so, get your doctor's advice before you get pregnant. Because I want to be healthy when I'm born. So we'll both be happy.

When You're Ready For Me

Nobody can guarantee you a healthy baby. But if you listen to what I've told you, your chances of having a healthy baby are much better. So plan ahead.

Make sure to eat a healthy diet before you get pregnant. Put aside your cigarettes, alcohol, and drugs. Talk with your doctor about how to have a healthy baby.

If you take good care of yourself, then you have a better chance that I'll be born healthy.

And I'll be so glad you're my mommy.



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