

5 KEY MESSAGES FOR EXPECTANT PARENTS

1

Attend all of your prenatal care appointments to help prevent a preterm birth.

Reach your due date

MY BABY:
BORN READY

REACH YOUR DUE DATE

Talk to your OBGYN or midwife about having a **full-term** delivery.

2

Breastfeeding helps burn calories and shrink the uterus to its pre-pregnancy size. Mommy's milk is magic.

MY BABY:
BORN READY

MOMMY'S MILK IS MAGIC

Ask your physician for **breastfeeding** information and other options for feeding.

3

I sleep safest when I'm **alone**.

Keep these away from my sleep space:
☑ other people
☑ toys
☑ blankets
☑ pillows

MY BABY:
BORN READY

PROTECT ME WHILE I SLEEP

Remember your **ABCs**: Babies sleep safest **Alone**, on their **Backs**, in a **Crib** and in a **smoke-free** environment.

4



MY BABY:
BORN READY

Voice your questions and concerns at your well-baby visits.

BIRTH IS JUST THE BEGINNING

Schedule well-baby visits with a pediatrician. Ask about **WIC** to receive healthy foods for you and your baby.

5



TAKE TIME TO BOND

Waiting at least 18 months between pregnancies gives your family time to bond and grow stronger before your next baby.

MY BABY:
BORN READY

TAKE TIME TO BOND

Wait at least 18 months between pregnancies to allow your body **time to heal** and **time to bond** with your baby.

NEED MORE INFORMATION ABOUT CARING FOR YOUR BABY AND GETTING YOUR CHILD READY FOR SCHOOL?
GO TO WWW.GREATSTART.ORG



Learn more about home
visiting programs and
services in Wayne County at
greatstart.org/homevisiting



GREATSTART.ORG
EVERYBODY READY FOR A GREAT START

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under D89MC26358, The Maternal, Infant, and Early Childhood Home Visiting Program, for grand amount \$6,681,600. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S Government.