

Healthy Pregnancy with Prenatal Care

We stay strong by caring for our pregnant women and families.

Why prenatal care

Checkups **help mom stay healthy**. Many health problems can be **cured** with early treatment. Examples: infections or anemia.

Other health problems can be **prevented**. Examples: having a baby that is too large or having a miscarriage.

Checkups also **help baby stay healthy**, and not be born too early. Pregnancy should last about 40 weeks. If a baby is **born too early**, he may not survive or may have health problems for life.

Near the end of pregnancy, the baby's brain is growing very fast. The baby stores fat on her body that she needs after birth. The baby's lungs develop right up until the birth.

For the best health of mom and baby, **go to all of your prenatal checkups**. Even if you feel fine or are a mom already, **prenatal checkups save lives**. The whole family can help mom stay healthy!



We recommend
For all women between the ages of 15 and 44 to take a multivitamin with **400 mcg of folic acid**.

When to go to prenatal care

Start as soon as you know you are pregnant. When you miss a period by a week or two, you can take a pregnancy test.

In most cases, you will go every month. Later, you will go every 2 weeks. When you are close to delivery, you will go every week.

What happens at prenatal checkups

- Get answers to questions
- Have your belly measured to see how your baby is growing
- Have your hands, feet and face checked for swelling
- Listen to the baby's heartbeat
- Talk about kick counts (feeling your baby move every day)
- Give a sample of urine (pee) most visits
- You may have an ultrasound, to see how your baby is growing

To find out about **health insurance for prenatal care** call the ACPHD Family Health Line at **1-888-604-4636**.

More information at www.achealthcare.org, www.acphd.org, or www.marchofdimes.org/pregnancy/prenatal-care

Provided by Alameda County Public Health Department, Perinatal Services, 2015
Funded by a Community Grant from the March of Dimes

