# Taking steps for a healthy baby

Baby yourself before the baby arrives

If you are thinking about having a baby, it's never too soon to take these steps for your health and your baby's:

- Be sure health situations are under control.
- Get any shots you need.
- Take a vitamin with 400 micrograms (mcg) of folic acid (a B vitamin) every day for at least one month before you plan to become pregnant. This can help avoid birth defects.
- If you smoke or drink alcohol, stop.
- Talk to your doctor about any drugs and supplements you are taking. Include anything you buy over the counter.
- Stay away from toxic substances or anything that might cause an infection. Avoid cat or rodent waste, which could be harmful.
- Plan to get prenatal care. Women who see a doctor early, and throughout the pregnancy, have healthier babies and are less likely to have their babies early.

Planning ahead:
Take baby steps now to help you have a worry-free pregnancy and a healthy baby.
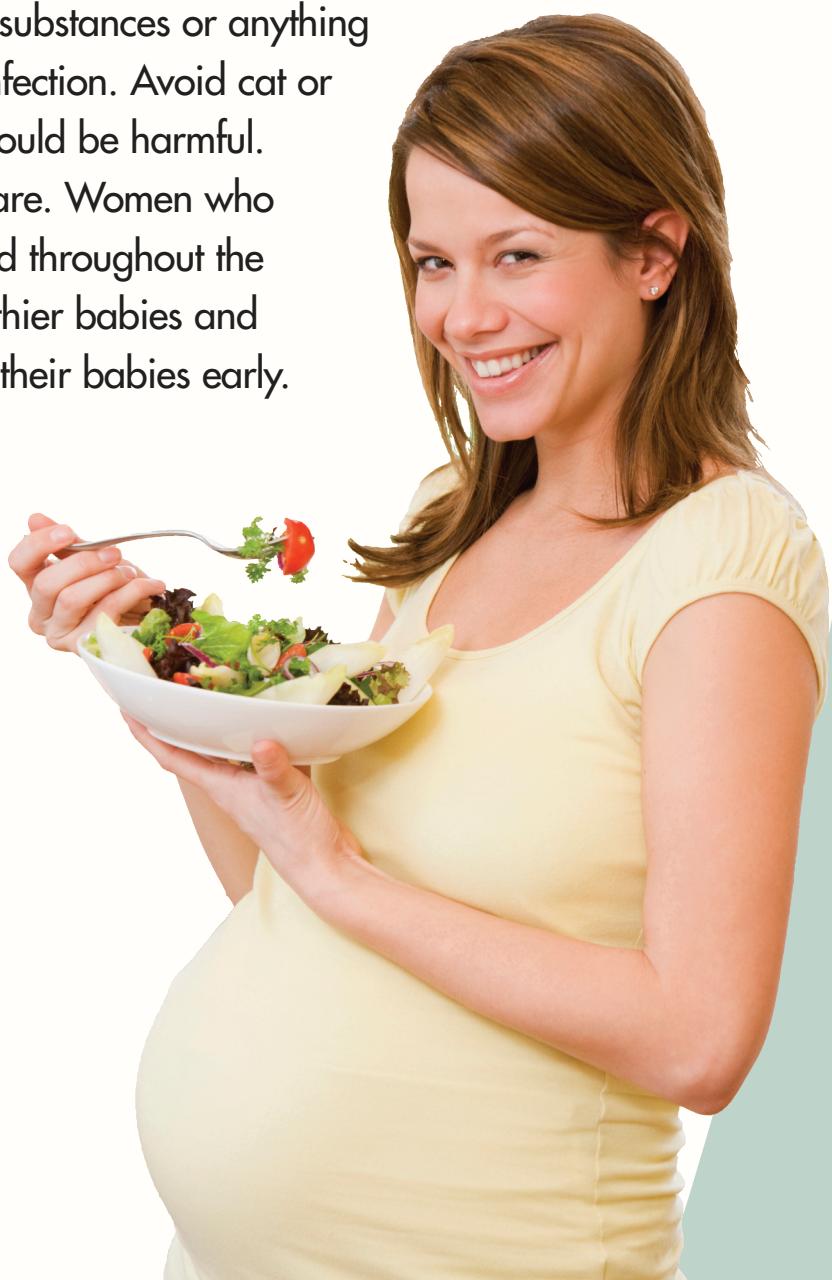
BlueCross BlueShield
of Illinois

Source: Centers for Disease Control and Prevention

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