

Tips for a

HEALTHY

PREGNANCY



Nutrition

A pregnant woman needs more of many important vitamins, minerals, and nutrients than she did before pregnancy. This also includes being mindful of certain foods to avoid. Understandably, the "do's and don'ts" can be overwhelming. Talk to your provider or reference reliable resources such as [this one](#) from the U.S. Department of Health and Human Services.

DID YOU KNOW? Pregnant women can get Women, Infant, and Children (WIC) services for their whole pregnancy. WIC provides an array of nutritional supports and resources for both mom and child. Access the CT WIC homepage [here](#) or at <https://portal.ct.gov/DPH/WIC/WIC>



Sleep

Pregnancy can cause increased fatigue and challenges in sleeping comfortably, especially as the baby grows in size. Lack of sleep can affect your physical and mental health so it is important to identify what best supports your sleeping habits. Some recommendations include:

- establishing routines for yourself and your family
- finding a good sleeping position
- avoiding rigorous exercise or large meals before bed
- take small naps throughout the day
- learn some relaxation or meditation techniques



Safe Relationships

You deserve a safe journey to motherhood. Intimate partner violence (IPV) can place an added vulnerability on any pregnancy. CT Safe Connect advocates are available 24/7. All services are free, confidential, voluntary, and safe. You do not have to say your name if you are not comfortable doing so. You can reach an IPV advocate by calling or texting 888-774-2900 or by email or live chat at www.CTSafeConnect.org



Self Care



Experiencing stress is normal, but sometimes it can feel even more overwhelming during pregnancy. Remember to pause and take care of yourself. It can also be helpful to identify a support person who can be there for you in a time of need. If you are struggling with your wellbeing, know you are not alone and support is available.

If you are in a life threatening situation dial 9-1-1 immediately * If you are in crisis in CT dial 2-1-1 * If you need suicide prevention support dial the National Suicide Prevention Lifeline 1-800-273-8255

Doctor's Visits



Get early and regular prenatal care. Your doctor will check to make sure you and baby are healthy at each visit and if there are any problems, early action is always best. Your doctor is also your best resource for questions or concerns regarding your pregnancy.

Avoid or Reduce Alcohol/Substance Use



DID YOU KNOW? September is Fetal Alcohol Spectrum Disorders (FASD) Awareness Month!

The CDC advises that there is no safe time or amount to drink alcohol during pregnancy. Alcohol, as well as other substances, can cause problems for the developing baby throughout pregnancy.

For some women, drinking alcohol or using substances during pregnancy is not a simple recreational choice, but a chronic health condition beyond willpower alone. It does not mean they do not love their baby. If you are struggling to stop or reduce your use you are not alone.

For Women: [Women's REACH Program](#), [CCAR](#), [Plan of Safe Care](#)
For Children and Families affected by FASD/SEI: [CT Birth to Three](#), [CT Child Development Infoline](#)