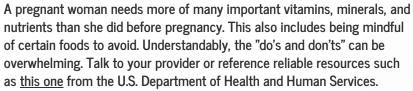
# Tips for a Tips bor a LTHY

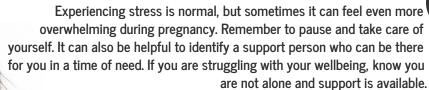
#### **Nutrition**

# **PREGNANCY**

#### **Self Care**



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



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

# Sleep

Pregnancy can cause increased fatigue and challenges in sleeping comfortably, especially as the baby grows in size. Lack of sleep can effect 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



