

Your healthy pregnancy checklist

For a healthy you	For a healthy baby
<ul style="list-style-type: none">❑ Talk about your mental health. Postpartum depression isn't the only pregnancy-related mental health issue. Have discussions to make sure you're healthy physically and mentally.❑ Travel if you want to. For most women, travel is safe until they're in the 36th week.❑ Talk about sex. Sex is safe in most pregnancies, but it's important to discuss your sexual needs as your body and hormones change.	<ul style="list-style-type: none">❑ Ask before medicating. Even medicines you've taken for a long time may not be safe during pregnancy. Make sure to discuss your medications as well as vitamins and supplements with your doctor.❑ Eliminate vices. Alcohol, tobacco, and drugs can all impact the health of your baby and cause birth defects.❑ Consider the pros and cons of genetic testing. Screening and diagnostic tests are available for certain genetic disorders. Whether to get them is up to you.
For both of you	For a successful delivery
<ul style="list-style-type: none">❑ Get prenatal care early on and regularly. Prenatal visits are covered under Affordable Care Act health insurance plans.❑ Eat a balanced diet in moderation. You need foods rich in iron, protein, folate, calcium, and omega-3 fatty acids and about 300 extra calories a day for your baby.❑ Stay physically active. 30 minutes of moderate activity per day, 5 days a week.❑ Take prenatal vitamins. Both of you need these extra vitamins and minerals, especially folic acid and iron.❑ Gain some weight, it's healthy! Discuss how much you should gain with your doctor.❑ Have additional discussions if you're older than 35. There are additional risks such as high blood pressure and gestational diabetes for you and chromosomal disorders for your baby.	<ul style="list-style-type: none">❑ Talk about what type of delivery you want. Vaginal or c-section, natural or medicated, at a birth center or hospital or at home. Discuss what your preferences are and what your pregnancy status requires.❑ Be prepared with a birth plan. Write up a birth plan ahead of time and lay out what you want when it's time for labor and delivery. Make sure your doctor and support personnel are in alignment with the plan.❑ Pack a bag. Before things get hectic, pack up what you and your baby will need at the hospital and when it's time to come home.