

LIFESTYLE LESSONS



Personal risk management tips provided by: Peabody Insurance Agency

Did You Know?

Folic acid is a particularly important vitamin for growing babies, as it has been shown to prevent neural tube defects. Taking a prenatal vitamin or folic acid supplement will provide this nourishment to your little one.

PRENATAL CARE FOR MOM AND BABY

Use these prenatal pointers to help you eat right and maintain good health throughout your pregnancy:

- Within one or two weeks of discovering that you are pregnant, be sure to schedule an initial physical exam with a doctor.
- Schedule and attend regular doctor visits. As your pregnancy progresses, the frequency of these visits will need to increase from monthly to bi-weekly to weekly, or as indicated by your doctor.
- Eat a well-balanced diet rich in fruits, vegetables, protein, dairy and whole grains to provide the proper nutrients for both you and your growing baby.
- Take a prenatal vitamin supplement to ensure that the baby is getting enough of the recommended daily allowance of essential vitamins and minerals.
- Avoid drinking caffeinated beverages such as coffee, tea and soda.
- Eat smaller meals on a more frequent basis as opposed to three larger meals.
- Drink plenty of fluids to support increased blood volume and maintain the protective amniotic fluid surrounding the baby.
- Avoid raw fish, as the mercury is not healthy for a growing baby.

Healthy Hints

One of the most important parts of prenatal care is regular doctor visits to check on your health and the health of your unborn baby. The purpose of these appointments is to also identify and treat potential problems early on such as anemia, pre-eclampsia and gestational diabetes.