

Stay Healthy for a Full-Term Baby



- Get routine prenatal care from early pregnancy
- Do not use alcohol, tobacco/vaping, other substances. Click for [Support for Substance Use Disorder in Pregnant & Parenting Women](#)
- Stay healthy by eating a balanced diet, exercising, getting enough sleep, and managing stress
- Manage chronic health conditions such as diabetes and [high blood pressure](#)

Reduce Risk....

Click the logo to the right for more information

- Don't smoke and keep your baby away from cigarette smoke



- Breastfeed your baby
Call La Leche League of Hampton Roads for FREE breastfeeding help
757-828-6555



- Practice the ABCs of safe sleep
- Maternal Health Information



- Local Home Visiting Programs



757 PERINATAL | MATERNAL | CHILD SUPPORT