

Stay Healthy for a Full-Term Baby.



- Get routine prenatal care starting early in your pregnancy.
- Do not use alcohol, tobacco/e-cigarettes, other substances. Click for Support for Substance Use Disorder.
- 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.

Click the logos below for more information

Reduce Risk....



- 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