Stay Healthy for a **Full-Term Baby**



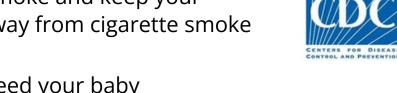
- Get routine prenatal care starting early in your pregnancy.
- Do not use alcohol, tobacco/e-cigarettes, other substances. Click for Support for Substance Use Disorder.
- Stay healthy by eating a balanced diet, exercising, getting enough sleep, and managing stress.
- Manage chronic health conditions 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