



PATHWAY THROUGH PREGNANCY IN HAMPTON ROADS

- 1** Learn about [regional home visiting programs](#) or [contact a doula](#)
- 2** Get early, regular prenatal care and consider taking prenatal vitamins. [Apply for healthcare coverage](#)
- 3** [Eat a healthy diet](#) and [know which medications](#) are safe during pregnancy
- 4** Support your physical and mental health for a [full-term baby](#) and know when to call your provider [during pregnancy](#) and [after \(postpartum\)](#)
- 5** Know where to find support or help. Visit [Resources 757](#)
- 6** Get help caring for your new baby – [Basic Supplies](#), [Safe Sleeping Space](#), [Breastfeeding](#) and [Bottle feeding](#)
- 7** Keep your postpartum appointments with your OBGYN, connect with a primary care physician or Moms Matter to stay on top of chronic conditions such as [high blood pressure](#) and [Diabetes](#).



This Toolkit is brought to you by [community organizations](#) coming together to welcome your baby to Hampton Roads.

Explore the pregnancy toolkit
www.minus9to5.org/pathway_through_pregnancy

