



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, [oral](#), 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 (757.543.9100) 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
minus9to5.org/pathway_through_pregnancy



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