



# Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

## A Mother's Day Dozen for a Healthy Start

It is **good for you and your baby**. Every woman should take folic acid every day or eat foods rich in folic acid to prevent birth defects and malformations. Most vitamins contain folate and it is also in leafy green vegetables, beans, orange juice and fortified breakfast cereals.

### Eat Healthy!



### Get early prenatal care

- ✦ Get **regular prenatal checkups**.
- ✦ Start as soon as you know you are pregnant.
- ✦ **Keep every appointment**



### Don't Drink Alcohol



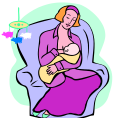
There is **no known safe level** of drinking alcohol for pregnant women. Alcohol can hurt your unborn baby and alcohol-related birth defects can be prevented.

**Smoking** during pregnancy can lead to low birth weight. Don't allow anyone to smoke around you or your baby. Second-hand smoke can also harm you and your baby.



### Don't Smoke

### Breast Feed Your Baby



**Breastfeeding** for at least the first six months of life has great health benefits. Babies who are breastfed for six months are less likely to develop ear infections, diarrhea, and other illnesses. Mother's milk has just the right amount of fat, sugar, water and protein to help babies grow.

**Place your baby** "back to sleep". A baby should sleep on a firm mattress, on his or her back, with no fluffy pillows or stuffed animals. Following these simple steps can lower the risk of Sudden Infant Death Syndrome (SIDS), the third leading cause of infant death in the United States.

### "Back to Sleep"



### Car Seat Safety



**Always use a car safety seat.** Be sure your baby rides in an age and weight-appropriate child safety seat, correctly installed, on every trip. If you have questions about how to install your child safety seat, many local fire and police departments will help you. Children should always ride in the back seat.

