

Me? Have Another Baby? Preconception Health

Me have another baby? No estoy lista!—I'm not ready! No. I'm making sure to use birth control correctly until Juan and I are ready for more children. That won't be anytime soon. I have my hands full with Rosa! She's 17 months old now and really active. The doctor said that Juan and I should wait at least 18 months before getting pregnant again . . . but I'd like to wait a little longer. After Rosa was born, my doctor reminded me that I need to take good care of myself—so I can keep up with her! He told me to keep eating healthy and stay physically active, and to keep taking a multivitamin with folic acid every day. He also said don't smoke or use illegal drugs—and no more than one alcohol drink a day. But I know that when we start trying to get pregnant again, I can't drink anything with alcohol in it at all.

I have diabetes and need to keep my blood sugar in control, especially before getting pregnant again. I know that if I don't keep my blood sugar in control it can affect my health and the health of my next baby. So, I make regular doctor visits so that I keep a close watch on that. Rosa gets her vaccinations, and so do I! I want to be as healthy as I can so that I can keep up with this little one.

Para más información acerca del cuidado preconcepcional, habla con tu doctor y visite nuestra pagina web; esta información es muy importante para ti y toda tu familia.

For more information about your preconception health and the steps you can take, talk with your doctor and learn more at this website. It's important, for you *and* your family.