

Me? Have a Baby?

Preconception Health

[Woman] Me? Have a baby? We're thinking about it, in the next year or so.

[Man] Well, it's a major decision, so there's a lot to think about and to plan for.

[Woman] We've talked to the doctor about wanting a baby in the near future and she told us about the importance of preconception health.

[Man] I said "pre-what?"

[Woman] She explained preconception health is just what it sounds like . . . a woman's health before getting pregnant and how it can affect the health of her baby.

[Man] Well that caught our attention!

[Woman] I didn't know that what I do before I get pregnant can affect the health of our baby! So, I asked my doctor what I needed to do to get ready for my pregnancy and she said I should start by taking a multivitamin with folic acid every day. She also asked us some questions about our family health histories—we'll have to talk more about that with our families.

[Man] She reminded us that we need to be physically active. That's why we're out here now.

[Woman] And we've started preparing healthier meals, too. We're in this together! No illegal drugs, drinking, or smoking, which I don't do anyway. My doctor also wants to switch me to medicines that are safer for pregnant women to take. And, all our vaccinations are up to date.

[Man] We've still got a lot of planning to do.

[Woman] But at least we now know about preconception health and why it's so important for me . . . and for our baby-to-be.

[Man] For more information about your preconception health and the steps you can take...

[Woman] ...talk with your doctor and you can learn more at this website.