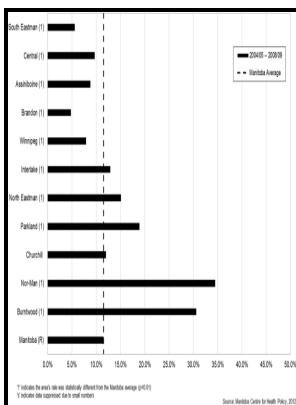


# Healthy beginnings - guidelines for care during pregnancy and childbirth

## -- Good Health Before Pregnancy: Prepregnancy Care



Description: -

-  
Prenatal Care -- Guidelines  
Delivery -- Guidelines  
Labor -- Guidelines  
Pregnancy -- Guidelines  
Healthy beginnings - guidelines for care during pregnancy and childbirth  
-Healthy beginnings - guidelines for care during pregnancy and childbirth

Notes: 27

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### Pregnancy and Oral Health Feature

Milk contains about 300 milligrams of calcium per cup, plus it is fortified with vitamin D to aid in calcium absorption. About quitting Quitting smoking is the only way to lower the risks to you and your baby. Practice healthy behaviors Practicing healthy behaviors can give both you and your developing child a big head start in life.

### Healthy Pregnancy

Some substances found in the home or the workplace may make it harder for you to get pregnant.

### Maternity Healthy Beginnings Plus

Pregnancy, Childbirth, and the Newborn: The Complete Guide 5th ed.

### High Blood Pressure During Pregnancy

Discuss blood pressure problems with your health care team before, during, and after pregnancy. Perhaps the most important aspect of prenatal parenting is creating a healthy environment for a child during pregnancy.

## Related Books

- [Guerres et paix de religion en Europe - 16e-17e siècles](#)
- [State Severance Taxes on Nonfuel Minerals as of January 1, 1978.](#)
- [Bristol Convention, October 13th to 20th, 1932 - visit of the United Kingdom Band of Hope Union Autu](#)
- [The Lost World - Elementary Level \(Guided Reader\)](#)
- [Financing](#)