



**A healthier you is the
first step to
a healthy baby.**

Baby steps to better health can deliver big results.

Before, during and even after pregnancy, take a multi-vitamin containing folic acid every day, get regular medical checkups and screenings, and maintain a healthy weight with daily physical activity and a balanced diet.

To get tips for a healthy pregnancy, visit www.text4baby.org. For parenting resources, call 1-800-451-2229.



 baby steps to a
healthy pregnancy