



Preconception Tips

Having a baby introduces some big changes to your daily lifestyle. To make sure that you are creating a healthy, safe environment for your baby, you must first create that environment for yourself. Below are some helpful tips to make sure you are prepared to introduce a new baby into your life.

Maintain a Healthy Lifestyle



To conceive a healthy baby, it is important the person carrying the baby is healthy. Maintaining a healthy weight is the first step. Studies show that obesity disrupts a person's hormonal balance, leading to reduced fertility and may lead to complications during pregnancy.

It is also important to be vaccinated. Illnesses such as chickenpox or measles can be dangerous to a fetus. Make sure you are vaccinated to protect both yourself and your baby.

Manage Your Chronic Conditions

Chronic conditions (asthma, diabetes, obesity, epilepsy, etc.) may affect a pregnancy. For the safety of the parent and baby, make sure any chronic conditions the pregnant person has experienced are under control and have been treated.

In addition to general health, it is important to maintain oral health. The bacteria that causes tooth decay can pass from parent to child postpartum, creating a risk for the baby. Preventive and restorative dental treatment is safe throughout pregnancy and should be sought out.

Talk to Your Midwife About Current Medications



While not all medications will negatively affect a growing baby, it is a good idea to talk to your midwife about the medications (including herbs and supplements) you are taking. Your midwife may recommend stopping or changing the dosage of certain medications.

Stop using Substances and Avoid Household Contaminants

There is no safe time for alcohol, tobacco, or drug use during pregnancy, so if you are trying to get pregnant, stopping the use of these substances ensures your baby will be healthy even before you know you are pregnant.

Additionally, people wanting to get pregnant will need to reduce their exposure to toxic substances that are found in household items. Consistent contact with substances such as fertilizer, bug spray, and cat/rodent feces may be harmful to a fetus and make it more difficult to conceive.

Take Care of Your Mental Health



During pregnancy, changes are occurring in every aspect of a parent's life and it is normal to feel nervous about these changes. However, feeling nervous, sad, or anxious all the time may indicate more serious issues. It is important to take care of yourself while pregnant. This includes seeking out professional help for mental health concerns. Not getting the help a parent needs may harm the pregnant person as well as their baby.

Take Folic Acid Supplements

If you are planning on getting pregnant you should take between 400-800 micrograms of folic acid every day. Folic acid works to prevent birth defects that affect the baby's brain and spine. It is recommended that a parent take folic acid every day for at least one month before conception.
