

Tip 2: Book a visit with your healthcare provider.

Thinking about pregnancy? Be sure to talk to your healthcare provider about these topics at your next visit!



✓ **All medications you are currently taking, including vitamins and/or herbal and homeopathic supplements**

Many individuals need to take [medicine](#) to stay healthy, and there are often benefits to continuing your treatment throughout your [pregnancy](#). If you are trying to have a baby or are just thinking about it, now is a great time to start getting ready for pregnancy by talking with your doctor about medications you may be taking. This can give you time to consider all options that can help keep you and your developing baby as healthy as possible.

✓ **Family medical history**

Along with your existing medications and treatments, it is important to consider the health conditions on both sides of the family. Based on your [family history](#), your doctor might alter your care or refer you for genetic or nutritional counseling.

✓ **Regular prenatal care**

Those who are already pregnant or think that they could be pregnant should see their healthcare providers as soon as possible. The earlier and more consistently you see your healthcare provider, the more opportunities there are to monitor your development and address any questions that might arise along the way. So be sure to keep all [prenatal care](#) appointments.

✓ **Mental Health**

Individuals with children or those that are expecting deserve the best - including the very best mental health. [Depression](#) during and after pregnancy is common and treatable. If you think you have depression, seek treatment from your health care provider as soon as possible. Depression causes enormous suffering and disability and reduces your response to your child's needs. [Evidence](#) indicates that treating the depression of individuals expecting a baby leads to improved growth and development of the newborn and reduces the likelihood of diarrhea and malnutrition among them.

✓ **Accessibility to resources including WIC (Women, Infants, and Children), food stamps, Medicaid, etc.**

If you and your family need [additional support](#), ask your doctor about how these and other resources may help. Please refer to the Tip 2 resources that are marked on our resources map as a potential starting point if you still aren't sure where to begin.

Social Media:

Visiting your healthcare provider before & during pregnancy is key, especially if stopping or starting any medication. Have questions about medication during pregnancy? Visit <http://bit.ly/Best4UBaby> for access to expert information. #HealthyCommunitiesHealthyBabies #NBDAM