

Social Media sample posts:

- January is Birth Defects Awareness Month (BDAM). Birth defects are structural changes that can affect almost any part of the body and can cause lifelong health challenges. #NBDAM #EveryJourneyMatters
- January is Birth Defects Awareness Month! While “birth defect” is a medical term, it doesn’t mean that an individual is “defective.” It refers to health conditions that develop in a baby before birth. #NBDAM #EveryJourneyMatters
- @NBDPN raises awareness of birth defects and promotes healthy pregnancy behaviors that may reduce the risk of birth defects. Birth Defects Awareness Month is a time to raise awareness and highlight efforts to improve the health of people living with these conditions across their lifespan. #NBDAM #EveryJourneyMatters
- Every 4½ minutes a baby is born with a birth defect. As medical care improves, people with birth defects are living longer and healthier lives. Recent reports show that rates of infant deaths due to birth defects have declined by 10% in the US. #NBDAM #EveryJourneyMatters
- No two people living with birth defects are exactly alike. A community of support can help people with birth defects, no matter what experiences they are navigating. Everyone’s journey is unique, shaped by their specific condition, strengths, and the support system in place. #NBDAM #EveryJourneyMatters
- This year’s theme for Birth Defects Awareness Month is, “Every Journey Matters.” As a parent of a child living with a birth defect, Amanda Devereaux shares, “Having a child with a birth defect is both challenging and rewarding. We have learned over time to parent the child we have, and not the child we expected!” #NBDAM #EveryJourneyMatters
- @NBDPN recognizes that not all birth defects can be prevented; however, research shows that certain behaviors and health choices can reduce the risk of having a baby born with a birth defect. For more information on the prevention of birth defects visit:
<https://www.cdc.gov/ncbddd/birthdefects/prevention.html>
 - #NBDAM #EveryJourneyMatters
- There is hope for a healthier future. Join @NBDPN and partners in improving health in your community. Share tools from the NBDPN education and awareness packet here:
<https://bit.ly/3xeN12U>. Thank you in advance for promoting these tips for National Birth Defects Awareness Month! #NBDAM #EveryJourneyMatters
- Knowledge can empower parents to make the best informed choices for their child’s future. Understanding your child’s condition is essential to making informed decisions about their health and well-being. Early identification and early intervention also can help your child receive the right care and resources they need to thrive. Together, families can ensure that #NBDAM #EveryJourneyMatters
- Adolescents and young adults living with birth defects may face unique challenges as they grow older. Navigating the shift from pediatric to adult health care may feel challenging, but early planning and support can empower teens. #NBDAM #EveryJourneyMatters
- Community plays an integral role in the lives of individuals and families affected by birth defects. For families navigating this journey, connecting with others who share similar experiences can be a helpful source of support, advice, and understanding. This connection may be in person or

through internet groups hosted by condition-specific organizations. #NBDAM
#EveryJourneyMatters

- Disability inclusion means understanding the relationship between the way people function and how they can participate in society, and making sure everybody has the same opportunities to participate in every aspect of life to the best of their abilities and desires. Every community member can make a difference and play a part to help create a place where everyone knows that they belong. #NBDAM #EveryJourneyMatters
- Not all birth defects can be prevented. However, there are steps you can take to help you and your baby be as healthy as you can be.
- Get 400 micrograms (mcg) of folic acid every day.
- Try to prevent infections.
 - Get recommended vaccines.
 - Wash your hands.
 - Get tested for sexually transmitted infections.
- See a healthcare professional regularly.
- Talk to a healthcare professional about taking any medications.
- Avoid alcohol, smoking, and other recreational drugs.
 - #NBDAM #EveryJourneyMatters