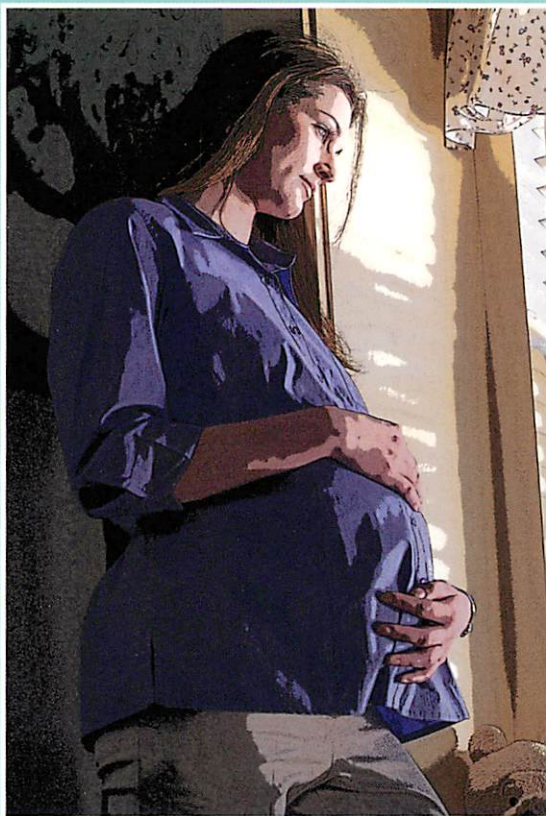


Give your baby the
right start in life.



Making healthy choices during pregnancy.



SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN

www.healthandwelfare.idaho.gov

Good parenting begins before your baby is born.

You want to be a good parent to your baby. This actually begins before your baby is born, while it is still developing in your body. Everything you put into your body goes into your baby's body, too. That is why it is so important to eat the right foods and avoid things like tobacco, alcohol and drugs that are harmful to you and can cause lasting health problems for your baby.

What you can do:

If you smoke, quit. Mothers who smoke during their pregnancy are more likely to deliver smaller, underweight babies that are at greater risk of serious health problems.

Avoid people and places where you are exposed to cigarette smoke. Breathing other people's smoke is almost as harmful to you and your developing baby as smoking a cigarette.

Don't drink alcohol. Alcohol use during pregnancy causes permanent harm to your unborn baby.

Stay away from drugs. Using illegal drugs will make your pregnancy more difficult, slow your baby's development, and increase the risk of physical and mental problems after birth.

Check before taking medicine. Over-the-counter products like cold medicines can harm your baby. To be safe, always talk to your health care provider before taking medication of any kind.

Remember, your baby is counting on you to make the right choices. Be a good parent and give your baby the chance to live a happy and healthy life.



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Contact the Idaho CareLine for additional information:
Call 211 or 1-800-926-2588 TDD 208-332-7205

The WIC Program is an equal opportunity provider and employer.