



OAKLAND COUNTY HEALTH DIVISION

BABY BASICS

B

Begin prenatal care early. You should see your doctor before getting pregnant. Ask to be checked for diabetes and infections.



A

Always be sure to eat well. Eat plenty of fruits, vegetables, whole grains, and low fat dairy products. Avoid foods high in fat.



B

Be sure to take care of yourself and your unborn baby. Avoid alcohol, tobacco and drugs of any kind unless prescribed by your doctor.



Y

Your safety is important. A violent relationship is not safe for you or your child. And keep baby safe by putting him to sleep on his back. The crib should be empty and the baby should be on a firm mattress.



For more information about

BABY BASICS

Contact our Nurse on Call at 800-848-5533



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