

# Planning My Pregnancy

## My Top 3 goals for this year are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## My Health Goals:

### 1. My Pregnancy Goals

- a. Goals I would like to meet before I have a baby: \_\_\_\_\_
- b. My current birth Control:  Pills  Ring  Depoprovera  Nexplanon  IUD  Condoms  Nothing  
Remove/Refill or Replace by: \_\_\_\_\_
  1. Tell my provider changes in my health or medications I am taking that my affect my birth control
  2. Talk to my provider about when & how to stop my birth control
- c. Goals for my children: \_\_\_\_\_
  1. I would like to have \_\_\_\_\_ Child(ren)
  2. I want to get pregnant when I am \_\_\_\_\_ years old.
  3. I want to have my children \_\_\_\_\_ years apart (18 months is recommended)
  4. I would like to have my last child when I am \_\_\_\_\_ years old.

### 2. My Healthy Eating Goals

- a. Plan meals and snacks ahead of time and have healthy food on hand to help make healthy choices
  1. Make a list before I go to the grocery store
  2. Include plenty of vegetables and fruits in a variety of colors
  3. Take 400 micrograms (mcg) of folic acid daily.
    - i. Folic acid is good for my health. Taking it daily will help prevent birth defects of the brain and spine when I decide to I get pregnant.
    - ii. Take a vitamin with folic acid every day unless I eat a serving of breakfast cereal that says it has 400 mcg of folic acid on the nutrition label.
    - iii. Place vitamins by my toothbrush or on the kitchen counter or to help me remember to take them daily.

### 3. My Healthy Exercise Goal

- a. Be active.
  1. Try to fit in 150 minutes of moderate physical activity each week
    - a. I like to \_\_\_\_\_.  
(types of exercise- walk, yoga, swim, etc)
    - b. I can do this for \_\_\_\_\_ minutes \_\_\_\_\_ times every week
    - c. I plan to do this on  Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

### 4. My Personal Health Goals

- a. Manage my health conditions, such as asthma, diabetes, overweight. ☑
  1. Learn more about my health condition(s).
  2. Talk with my primary care provider about a plan to manage my health condition(s) and my medicines.
  3. Get regular checkups. See my doctor as needed for other problems.
    - a. My providers' names and phone numbers are \_\_\_\_\_
    - b. Schedule my yearly appointment. My appointment is \_\_\_\_\_
    - c. Questions to ask my doctor:  
\_\_\_\_\_  
\_\_\_\_\_

- b. Protect myself from Sexually Transmitted Infections (STI's)
  - 1. Agree to have sex with only one person who has agreed to have sex with only me.
  - 2. Have a supply of condoms, and use them correctly and every time.
  - 3. Get checked for STI's, especially if I think I have been exposed to an STI.
- c. Protect myself from other infections
  - 1. Wash my hands frequently with soap and water
  - 2. Ask my partner to change the cat litter.
  - 3. Stay away from people who are sick.
  - 4. Try not to share food, drinks, utensils with young children.
- d. Avoid harmful chemicals, metals, and other toxic substances around the home and at work.
- e. Make sure my vaccinations (shots) are up-to-date. Vaccinations are our best defense against many diseases.
  - 1. Remember to get a flu shot every year, especially if I am pregnant.
- f. Manage and reduce stress and get mentally healthy.
  - 1. Be aware of things that cause me stress.
  - 2. Make a plan to reduce my stress.
  - 3. Get enough rest.
  - 4. Exercise to lift my mood.
  - 5. Avoid drinking alcohol- There is no known safe level of alcohol in pregnancy
    - a. Drinking alcoholic drinks when trying to get pregnant and during pregnancy can cause problems for me and my baby. Stop drinking when I start trying to get pregnant and right away if I find myself pregnant before planned.
  - 6. Avoid cigarettes and other drugs.
    - a. Smoking is not healthy for me or others around me. I want to be healthy!
    - b. Secondhand smoke is not healthy either. I will avoid being around people when they smoke and will ask my partner not to smoke around me.
    - c. Smoking can cause problems such as difficulty getting pregnant, separation of the placenta from the womb too early resulting in bleeding, placenta covering the cervix which can cause bleeding, and the water breaks too early.
    - d. Problems for the baby include being born too small, being born too early, dying before birth or after birth, sudden infant death syndrome (SIDS), and possible birth defects.
    - e. Taking drugs not prescribed for me is not good for me or my baby-to-be. There are different effects depending on the drugs used. I want my baby and me to be as healthy as possible!

#### **5. *Avoid or stop partner violence***

- a. Abuse can be emotional, physical, or sexual.
- b. No one deserves to be abused.
- c. I love myself and my child or children enough to take steps to deal with violence if it should happen to me or my family. Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or 1-800-787-3224 (TDD).

#### **6. Learn about my family's health history.**

- a. Learning about health problems in my family can help my doctor and me determine which problems to look for and how to prevent or deal with them.
- b. Ask my parents, grandparents, brothers, sisters, aunts, uncles, and cousins about any health problems in the family.

***Your health before pregnancy is important. Keep this checklist handy and look at it regularly, update it, and talk with your partner and your doctor about how to best put this plan into action. Remember to take this tool with you to your appointment. Make time for yourself -show yourself some love. Your baby will thank you for it.***