

PRENATAL VITAMINS

For Before and During Pregnancy



Talk with your healthcare provider about prenatal vitamins and foods that contain the following vitamins and minerals for a healthy pregnancy.

Folic Acid - The Superhero

- Prevents birth defects in baby's brain & spine.
- Aim for at least 400 mcg daily.

Iron - The Strength Builder

- Keeps your blood healthy.
- Helps avoid anemia, ensuring the baby gets enough oxygen.

Calcium - The Bone Guardian

- For strong bones & teeth for both mommy & baby.
- Do not forget about Vitamin D to help absorb calcium.

DHA - The Brain Booster

- Supports baby's brain & eye development.
- Find it in fish oil supplements or fortified foods.

Iodine - The Tiny But Mighty

- Essential for baby's thyroid and brain development.
- A pinch in your diet goes a long way.

Vitamin C - The Protector

- Enhances iron absorption.
- Keeps both mommy & baby's immune systems strong.

Zinc - The Growth Promoter

- Crucial for baby's cell growth and DNA production.

Choline - The Nerve Supporter

- Vital for baby's brain and spinal cord development.

For more information, visit:
everymothereverychild.org



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STAY ALERT

Know the Signs to Get Help During Pregnancy



Pregnancy-related deaths are a growing concern, especially for Black women, who are three times more likely to die from complications during pregnancy than White women.

Keep an eye out for urgent warning signs during pregnancy and the year after giving birth. For your safety and that of your baby, seek medical attention immediately.

- ✔ **Persistent Headache**
A headache that gets worse over time or does not go away with usual treatment.
- ✔ **Extreme Swelling**
Unusual swelling of the hands or face, making it hard to bend fingers or open eyes fully.
- ✔ **Dizziness or Fainting**
Ongoing or intermittent dizziness and lightheadedness, or any loss of consciousness.
- ✔ **Thoughts of Harm**
Any thoughts about harming yourself or your baby.
- ✔ **Vision Changes**
Seeing flashes of light, bright spots, blind spots, or experiencing temporary blindness.
- ✔ **Trouble Breathing**
Sudden or gradual difficulty breathing, tightness in the throat or chest.
- ✔ **High Fever**
A temperature of 100.4°F (38°C) or higher.
- ✔ **Chest Pain or Fast Heartbeat**
Chest pain or changes in heartbeat, including a fast or irregular heart rate.
- ✔ **Severe Nausea and Vomiting**
Nausea or vomiting that is severe and prevents you from eating or drinking.



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Learn more: everymothereverychild.org

To view the Illinois Maternal Morbidity and Mortality Report, Illinois Department of Public Health, October 2023, visit or click bit.ly/48w1zha.

PRENATAL DOCTOR VISIT CHECKLIST

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Regular prenatal check-ups are vital for a healthy pregnancy. Each visit is a chance to address questions or concerns. Be sure to communicate openly for the best care.

-  **Initiate Early Care**
Begin prenatal check-ups as soon as possible and attend all scheduled appointments.
-  **Health History Evaluation**
Have your medical and previous pregnancy records reviewed by your healthcare provider.
-  **Routine Examinations**
Undergo regular health checks, including weight and blood pressure monitoring.
-  **Diagnostic Testing**
Participate in tests to monitor you and your baby's health during pregnancy.
-  **Developmental Scans**
Get ultrasound scans to track your baby's growth and developmental progress.
-  **Heartbeat Checks**
Listen to your baby's heartbeat, typically starts around 10 weeks (about 2 and a half months) of pregnancy.
-  **Diet and Lifestyle Advice**
Receive guidance on nutrition, exercise, and maintaining healthy habits.
-  **Vitamins and Medications**
Discuss prenatal vitamins and any necessary medications with your provider.
-  **Identifying Risks**
Be aware of any potential risks associated with your pregnancy as assessed by your healthcare provider.
-  **Educational Support**
Learn about pregnancy, childbirth, and postnatal care from your healthcare provider.

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BREASTFEEDING TIPS

Patience, Practice & Support



Breastfeeding is a journey that is unique for every mother and baby. Patience, practice, and support are key to a successful experience.

1

Get ready

- **Learn about breastfeeding before giving birth:** It is natural for your body to make milk after the baby is born.

2

Know when baby is hungry

- **Look for clues:** Your baby will show they are hungry by moving their head around or sucking on things.
- **Make a cozy spot:** Set up a lovely place to sit with things you might need close by.

3

Help baby latch on

- **Hold baby right:** Keep your baby close so their mouth is right in front of your nipple.
- **Latching:** Help your baby open wide and take in a good amount of the breast, not just the nipple.

4

Feed whenever baby wants

- **How often:** Give your baby milk when they show they are hungry, which is a few times a day.
- **How long:** Let your baby drink until they seem full and stop on their own.

5

Stay Comfortable

- **For you:** Move around until you are comfortable and use pillows if you need to.
- **For baby:** Make sure your baby is not too hot or cold and feels snug.

6

Watch Baby Eat

- **Listen:** You can hear your baby swallowing the milk.
- **Full baby:** Look for a happy, relaxed baby to know they have had enough.

7

Finish Up

- **Gently stop:** If you need to stop, carefully put your finger in your baby's mouth to stop the sucking.

8

Get Help if You Need It

- **Ask Experts:** If you are having trouble, it is okay to get help from someone who knows a lot about breastfeeding.
- **Join a Group:** Talking to other moms who are breastfeeding can give you useful tips and support.

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