

Every Mother Every Child

A Maternal and Child Health Website



Cook County DEPT. of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**



Every child has the right to a healthy start.

If you are pregnant or planning to become pregnant, get information and resources to assist you, your partner(s) and family, regardless of gender identity or sexual orientation. Visit: **EveryMotherEveryChild.org.**



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Visit the Every Mother Every Child website for guidance and resources to support you during every stage of pregnancy, including:

- **Before pregnancy** - Find out the first steps to prepare for starting a healthy family.
- **During pregnancy** - Educate yourself about what to expect.
- **After pregnancy** - Get tips to prepare yourself and your home for baby's arrival.
- **LGBTQIA+ & pregnancy** – Find inclusive resources to support diverse paths to pregnancy.
- **Resources** - Connect with trusted community partners offering education and guidance on a wide variety of topics.
- **Fact sheets** - Download information about prenatal nutrition, doctor visits, when to call the doctor and breastfeeding. Fact sheets are available in English, Spanish, Polish, Arabic and Simplified Chinese.

EveryMotherEveryChild.org