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 **While Pregnant**

* *Learn about appropriate weight gain*
* *Eat a balanced diet and take prenatal vitamins*
* *Continue exercising with modifications as needed*
* *Practice mindfulness and manage stress*
* *Continue to see a dentist for oral health*

 **When Trying to Get Pregnant**

* *Schedule a check-up with your doctor before trying to conceive*
* *Clean out your medicine cabinet*
* *Increase intake of vitamins and veggies*
* *Talk to your partner about how to maximize the likelihood of conception*

**1**

**Things to Know about Preparing for Conception, Pregnancy and Delivery**

**3**

**3**

 **Before Childbirth**

*Preparing for childbirth can help you understand your options before giving birth.*

* *Take a childbirth class with your partner or a support person*
* *Develop an ideal birth plan, with an understanding that things may change*
* *Consider finding a doula to support your labor and delivery*

**2**

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**INSERT PARTNER LOGO**

**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.