**A person and person holding a baby

Description automatically generated with medium confidence**

**Emotional Support**

You can support your pregnant family member by:

* Encouraging and practicing self-care.
* Identifying others who can be available to help you and your pregnant family member.
* Be in tune and empathetic.
* Be aware of the signs of postpartum depression and anxiety.

**3**

**Practical Support**

You can support your pregnant family member by:

* Writing down questions that can be explored during appointments.
* Attending appointments with your loved one.
* Encouraging and participating in healthy habits.
* Learning about newborn care, breastfeeding, and contraception.

**3**

**Things to Know about Supporting Your Pregnant Family Member**

**2**

**1**

**Importance of Support**

* Ongoing support from fathers or other primary support individuals is essential to healthy pregnancies, mothers, and babies.
* There are many ways you can support your pregnant family member but being present is key.

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To learn more about the MHN, please visit our website at [www.maternalhealthnetworksbc.com](http://www.maternalhealthnetworksbc.com).

**INSERT PARTNER LOGO**

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

Insert two sentence biography of subject matter expert.