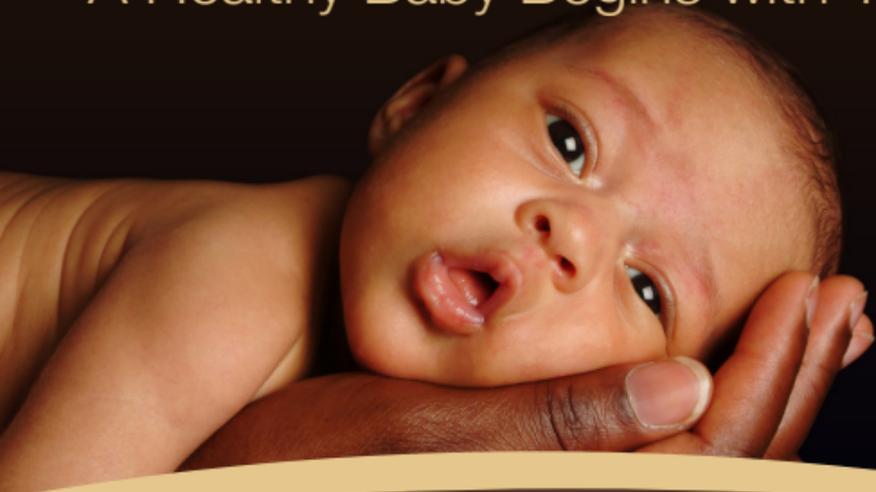


# A Healthy Baby Begins with You



## 10 Steps to Having a Healthier Baby

**Infant mortality rates for African Americans are more than double that of the United States as a whole. That's more than 7,500 infant deaths per year. The following 10 steps are helpful to ensure the health of your baby:**

### **For mom:**

- Get a check-up to identify high blood pressure, diabetes, asthma, seizures and thyroid disease.
- Make and keep your prenatal care appointments.
- Take prenatal vitamins with folic acid everyday.
- Don't smoke, drink or do drugs. They can harm you and your baby.
- Eat a healthy diet, with plenty of fruits and vegetables, drink plenty of water, and maintain a healthy weight.

## For baby:

- Put your baby to sleep on her back EVERY TIME to prevent sudden infant death syndrome (SIDS).
- Avoid using soft objects, stuffed toys, loose bedding and blankets in the crib.
- Give your baby breast milk. Breast is best!
- Keep your baby's shots current and keep your well-baby appointments.
- Follow your health care provider's recommendations.



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