

babies 

# Prenatal Care

Prenatal visits are regular checkups for you and your baby. These regular checkups keep you and your baby healthy!

Even if you feel good, it isn't ok to skip a prenatal visit.



Scan the code above to watch a video and learn more about making healthy choices for you and your baby.

At a prenatal visit, your doctor or midwife will be making sure your baby is the right size, listening to their heartbeat, and checking you for:

- High blood pressure
- Diabetes
- Sugar and protein in your urine
- Making sure you are gaining the right amount of weight.

If you do develop problems in your pregnancy, keeping all your prenatal visits will give your doctor a chance to find the problem early and to help your baby be born healthy.

Make your first prenatal visit as soon as you find out you are pregnant – women who keep all of their prenatal visits are much more likely to have a healthy baby!

Find more helpful information at [babieslove.org](http://babieslove.org)



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