

babies 

# A Healthy Mom

The healthier your weight, the better chance your baby has of being born healthy!



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

Women who are too heavy can have problems getting pregnant and have problems while they are pregnant, including:

- Miscarriage
- High blood pressure
- Gestational diabetes
- Complications during labor and birth

Babies born to heavy women can also have birth defects and complications from preterm birth (being born before 37 weeks.)

It's important to keep all of your prenatal visits and to talk to your doctor or midwife about steps you can take to get to a healthy weight!

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



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