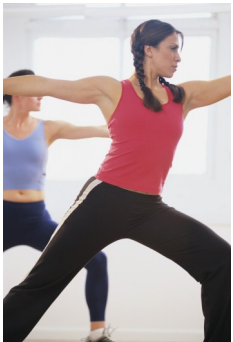


Staying healthy now will help you have a healthy pregnancy later. Take good care of yourself and give your baby a healthy start:

- ◆ Eat plenty of vegetables, fruits and whole grains
- ◆ Exercise at least 30 minutes a day
- ◆ Take a multivitamin with folic acid
- ◆ Avoid smoking, alcohol and drugs
- ◆ Take care of your teeth and gums
- ◆ Visit your doctor for health screenings



For more information or questions, please contact any of the numbers below.

Glenn County Health Services

240 N Villa Ave

Willows, CA 95988

1-800-655-5418

530-934-6588

530-865-6735

Adapted from West Virginia Perinatal Partnership 2009

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Spacing Pregnancies

A Healthy Choice



Waiting until the youngest child is two or three years old before becoming pregnant again is healthy for moms, babies and families.

Why Space Births?

Short time between pregnancies can be bad for a mother's health.

Less Risk of Complications such as:

- Bleeding during pregnancy
- Preterm labor (before 37 weeks)
- Placenta partially or completely peeling away from the inner wall of the uterus before delivery (placental abruption)
- Placenta attaching to the lower part of the uterine wall, partially or totally covering the cervix (placenta previa), in women who previously had a C-section



The Whole Family Benefits

- Mom will have more energy and less stress
- Mom will be less likely to have postpartum depression
- Parents have more time to bond with each child
- Parents have more time for each other

A planned pregnancy is more likely to have a good outcome for the mother and the baby.

When births are spaced 2 to 3 years apart there is less risk of:

Preterm birth

(before 37 weeks)

Babies that are born early are at risk for :

- ◆ Breathing problems
- ◆ Mental disabilities
- ◆ Eyesight and hearing loss
- ◆ And even death

A low birth weight

Babies born at a low weight can have the following problems:

- ◆ Heart defects
- ◆ Breathing problems
- ◆ Bleeding in the brain
- ◆ Problems with intestines
- ◆ Mental disabilities
- ◆ Eyesight loss

