

6. DON'T DRINK ALCOHOL

Don't drink alcohol before and during pregnancy and while breastfeeding. Drinking alcohol increases the risk of having a baby with fetal alcohol spectrum disorder (FASD). FASD can cause abnormal facial features, severe learning disabilities and behavioral issues.



Alcohol can impact a baby's health in the earliest stages of pregnancy, before a woman may know she is pregnant. Therefore, women who may become pregnant also should not drink alcohol.

7. Don't smoke

Smoking is unhealthy for you and your unborn child. It increases the risk of sudden infant death syndrome (SIDS), premature birth, miscarriage and other poor outcomes.



8. Get a flu shot

The flu can make a pregnant woman very sick and increase risks of complications for your baby. The flu shot can protect you from serious illness and help protect your baby after birth, too. Ask your doctor about getting a flu shot.

9. Get plenty of sleep

Ample sleep (7 to 9 hours) is important for you and your baby. Try to sleep on your left side to improve blood flow.

