

Being Healthy for Your Baby

An Expectant Mother's Guide to Prenatal Care

Expecting mothers who receive routine prenatal care – the medical attention a woman receives during pregnancy – are more likely to have healthier pregnancies. **FIRST 5 Santa Clara County** provides the following guide to your prenatal appointments:

Your First Appointment

For the first visit, your health care provider will:

- Discuss your medical history
- Determine your due date
- Perform a physical exam
- Provide healthy pregnancy tips and local resources
- Schedule your next visit

Follow-up Appointments

For other visits, your health care provider will:

- Check your heart rate and blood pressure
- Measure your weight gain
- Check for swelling
- Listen to the baby's heartbeat
- Conduct tests



Are you or someone you know expecting? Request a free *Kit for New Parents* by emailing parentkits@first5kids.org or calling (408) 260-3700. It makes a great Mother's Day gift!