

Is this good for my baby and I?



Prenatal care

Having a healthy pregnancy is one of the best ways that mothers-to-be can promote a healthy birth. Routine prenatal care can improve the likelihood of having a healthy pregnancy. To begin prenatal care, you should schedule a visit with your doctor or healthcare provider. Because not all pregnancies are the same, these visits and conversations can help you prevent pregnancy complications by informing you about steps you can take to protect your baby and have a healthier pregnancy, such as safe vaccines and immunizations and nutrition and exercise habits that are right for you and your baby.

Vaccinations¹

Did you know that vaccinations have an impact on your own health as well as on your baby's? Meet with your doctor to discuss your vaccination history. For example, if you haven't been vaccinated for whooping cough, your doctor may recommend this inoculation. If you travel outside the country for work or pleasure, let your doctor know this as well, as certain vaccinations may be recommended.

Nutrition²

Weight gain may be a concern during pregnancy. Working with your doctor to determine a healthy weight to maintain during each stage of your pregnancy is very important. Remember, proper nutrition is about making better food choices for yourself and your baby. Consider choosing high fiber foods, such as whole grain over white bread, or choosing iron-rich foods, like spinach and beans. Choose at least one source of vitamins A, vitamin C and folate (folic acid) every day. It's also about limiting foods and condiments that aren't good for you, including unhealthy saturated fats, sweets and added sugars and salt.

Exercise³

If you have bouts of fatigue during your pregnancy (which is very common), exercise may seem like the last thing you want to add to your day. However, exercise can actually restore energy, once you get into a regular routine. It doesn't have to be strenuous exercise either — just 20 to 30 minutes of moderate exercise on most or all days of the week may be sufficient. Talk to your doctor before you start, and every time you meet with your doctor remember to discuss your exercise program. You want to make sure that you haven't developed any issues throughout your pregnancy that may make exercise, or certain types of physical activity, inadvisable.

Sources:

1. American College of Obstetricians and Gynecologists. Vaccine Safety during Pregnancy, August 2022. Available from www.acog.org.
2. Department of Health and Human Services Office on Women's Health. Pregnancy and Nutrition, January 12, 2021. Available from medlineplus.gov.
3. American College of Obstetricians and Gynecologists. Physical Activity and Exercise during Pregnancy and the Postpartum Period, March 2022. Available from www.acog.org.

The information and materials included in MetLife's Health and Wellness Information Library, including all toolkits, modules, template communications, text, charts, graphics and other materials, (collectively, the "Content") are intended to provide general guidance on health and wellness matters and are not, and should not be relied on as, medical advice. While the Content is based on resources that MetLife believes to be well-documented, MetLife is not responsible for the accuracy of the Content, and you rely on the Content at your own risk. Each person's condition and health circumstances are unique, and therefore the Content may not apply to you. The Content is not a substitute for professional medical advice. You should always consult your licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.