



SCAN HERE

# PRENATAL CARE

Deciding whether to continue a pregnancy is a very important and very personal choice. Everyone's situation is different, and only you know what's best for you.

**If you do decide to move forward with pregnancy, the key to having a healthy baby is to take good care of your health. The healthier you are, the stronger your baby is likely to be.**

## WHAT IS PRENATAL CARE?

The care you receive during pregnancy from a health care provider, like a doctor, midwife, or OB GYN is called prenatal care, and will ensure you and your developing fetus are as healthy and strong as possible.

Through regular checkups, you will learn how to manage the discomforts of pregnancy, have any testing you may need, learn warning signs, and ask questions. Prenatal care also includes advice on how mothers-to-be can best care for themselves. Learning about good nutrition, developing good eating habits, exercising sensibly, and getting plenty of rest are prime examples.

## WHERE CAN I RECEIVE PRENATAL CARE?

Planned Parenthood of South, East and North Florida is proud to offer initial prenatal care for pregnancies up to 14 weeks.

Ask a staff member to tell you more today. After your initial visits, we will help you navigate options for obstetrical care to continue your prenatal health care.

**For additional, trusted\* resources that offer prenatal resources:**

### ➔ March of Dimes

United States nonprofit organization that works to improve the health of mothers and babies. Their 'prenatal care checkups' guide can help you find a provider, what to consider when choosing one, and how often you will need to go.

[www.marchofdimes.org](http://www.marchofdimes.org)

### ➔ Healthy Start

Healthy Start is a home visiting program that provides education and care coordination to pregnant women and families of children under the age of three. The goal of the program is to lower risk factors associated with preterm birth, low birth weight, infant mortality and poor developmental outcomes.

[www.floridahealth.gov](http://www.floridahealth.gov)

### ➔ Every Mother Counts

Every Mother Counts is a nonprofit that invests in maternity care models that advance birth justice, ensuring that all people can give birth with dignity and respect. Their maternal health resources hub has everything an expecting family needs to encourage a healthy, safe, happy pregnancy.

[www.everymothercounts.org](http://www.everymothercounts.org)

### ➔ The American College of Obstetricians & Gynecologists (ACOG)

ACOG is a professional association of physicians specializing in obstetrics and gynecology in the United States. Their website has a library of FAQs, articles, and resources for any general health-related questions you may have during pregnancy and postpartum.

[www.acog.org](http://www.acog.org)

\*Please be aware of crisis pregnancy centers. Crisis pregnancy centers (also called CPCs or "fake clinics") are clinics or mobile vans that look like real health centers, but they're run by anti-abortion activists. Most crisis pregnancy centers aren't legitimate medical clinics, have no certified physicians at their locations, and don't have to follow HIPAA and keep your information private like real health care providers do. These websites can help you figure out which clinics in your area are crisis pregnancy centers:

[exposefakeclinics.com](http://exposefakeclinics.com) [crisispregnancycentermap.com](http://crisispregnancycentermap.com) [reproaction.org](http://reproaction.org) (The Fake Clinic Database)