

Me? Have Another Baby? Preconception Health

This program is presented by the Centers for Disease Control and Prevention.

Me have another baby? No estoy lista!—I'm not ready! No. I'm making sure to use birth control correctly until Juan and I are ready for more children. That won't be anytime soon. I have my hands full with Rosa! She's 17 months old now and really active. The doctor said that Juan and I should wait at least 18 months before getting pregnant again . . . but I'd like to wait a little longer. After Rosa was born, my doctor reminded me that I need to take good care of myself—so I can keep up with her! He told me to keep eating healthy and stay physically active, and to keep taking a multivitamin with folic acid every day. He also said don't smoke or use illegal drugs—and no more than one alcohol drink a day. But I know that when we start trying to get pregnant again, I can't drink anything with alcohol in it at all.

I have diabetes and need to keep my blood sugar in control, especially before getting pregnant again. I know that if I don't keep my blood sugar in control it can affect my health and the health of my next baby. So, I make regular doctor visits so that I keep a close watch on that. Rosa gets her vaccinations, and so do I! I want to be as healthy as I can so that I can keep up with this little one.

Para más información acerca del cuidado preconcepcional, habla con tu doctor y visite nuestra pagina web; esta información es muy importante para ti y toda tu familia.

For more information about your preconception health and the steps you can take, talk with your doctor and learn more at this website. It's important, for you *and* your family.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.