

*This information is brought to you by the  
Child and Family Health Services Consortium and the  
Mansfield/Ontario/Richland County Health Department,  
with support of the Ohio Department of Health's Bureau of  
Child and Family Health Services.*

*Mansfield/Ontario/Richland County Health Department  
555 Lexington Avenue  
Mansfield, OH 44907  
www.richlandhealth.org*

*Public Health Clinic  
(Prenatal Care)  
419-774-4700*

*Public Health Nursing  
(Home Visits)  
419-774-4540*

*WIC  
(Nutrition)  
419-774-4560*

*Help Me Grow  
Some women may be eligible for pregnancy support through Help  
Me Grow. For more information about Richland County Help Me  
Grow call the Central Intake and Referral Line at 419-524-2660*



# *Before Baby Arrives*

*Guidance for a healthy pregnancy*



### *Begin early prenatal care*

*Women who see a medical provider routinely during pregnancy have healthier babies, are less likely to deliver their babies early, and are less likely to have other serious pregnancy problems. If you do not have a medical provider or are without insurance, you can still receive care at the Mansfield/Ontario/Richland County Health Department by calling 419-774-4700.*

### *Eat a variety of healthy foods*

*Everything you eat nourishes you and the baby inside you. Include whole grains, fruits, vegetables, lean proteins, and calcium-rich foods. Eligible women can receive nutritional guidance and resources from WIC. Call 419-774-4560 to determine eligibility.*

### *Take 400 micrograms of folic acid daily*

*This can be taken as part of a multivitamin and is most effective in healthy development of the baby when taken prior to pregnancy and during the first trimester. Additionally, folic acid can be found in spinach, broccoli, orange juice, peanuts, black beans, Romaine lettuce, fortified breads, pasta, & cereals.*

### *Avoid unhealthy substances*

*Be honest with your medical provider about use of alcohol, cigarettes, and other drugs so they can offer guidance to help you stop. Also let her know about your use of prescription and over-the-counter medicines.*

### *Develop support systems*

*Find support in a partner or friend to help manage stress and help you prepare for your growing family.*

### *Brush and floss your teeth*

*Brushing twice a day and flossing daily helps reduce the bacteria in your mouth. See a dentist early in your pregnancy.*

### *Exercise*

*Speak with your medical provider about starting or continuing an appropriate exercise plan.*

### *Consider breastfeeding*

*Breast milk is the ideal source of nutrition for infants. It provides many health benefits, as well as a special time for bonding between mother and baby.*

### *Accept opportunities for assistance*

*Be open to accepting a visit from a nurse once you arrive home with your newborn. She can weigh the baby, assist you in finding resources, and answer your health and parenting questions. To request a visit, call the Mansfield/ Ontario/Richland County Health Department at 419-774-4540, or in Shelby call Shelby Home and Public Health at 419-342-6366.*



*There are many factors to a healthy pregnancy, not all of which can be listed here. If you are pregnant or considering becoming pregnant, please consult with a medical professional to be sure you receive full medical care and guidance.*