

Having a baby soon... or someday?

Your child's early development is a journey... and it begins **before you're pregnant.**

Whether you want to have a baby soon or someday, there are things you can do right now to prepare for your baby's healthy beginnings.

Before you're pregnant:

- Eat right
- See your doctor regularly
- Take prenatal vitamins with folic acid



Get the support you need to keep your baby – and yourself – happy and healthy:

Child Development Infoline: 1.800.505.7000

Connecticut's pregnancy support and referral line, providing help accessing community resources such as home visiting, finding a healthcare provider, applying for WIC, finding childcare, behavioral health services, accessing health insurance (Husky) and other services.

CTParenting.com

Useful information and resources that provide clarity and support on all things parenting.

CT.gov/DPH

Resources and information to help protect and improve your health and safety.



Get **healthy tips** and **resources** today to give your child a **head start** tomorrow



Start on the path to healthy parenthood today – and keep this brochure on hand for quick access to services and resources to guide your way.



Maternal Infant and Early Childhood Home Visiting Program (MIECHV)

Explore the path of **early child development** and **share your child's progress** with the doctor at every visit.

