Healthy Pregnancy in Your Hands

1. Name two things that a woman can receive while she is pregnant?

2. Doctors are able to refer you for any ———- ————that may be beneficial during your pregnancy?

3. Name two benefits you can receive from prenatal care: ———————. —————-.

4. Babies of mothers who do not get prenatal care are ———-times more likely to have a —————- ————- weight?

5. You can get prenatal care from ————, ————-, and other healthcare professionals.

6. Until your appointment, you should eat ————- ———, whole grains, ————. ———, and ————-?

7. Name two things this video says to avoid?

8. If you cannot afford prenatal care, what options do you have?