

# Healthy Choices

# Healthy Futures

## About this toolkit

The Healthy Choices Healthy Futures Toolkit is designed to help families and social service providers access reliable, evidence-based tools and resources to support women during their reproductive years.

### **About the Sponsors.**

This toolkit was originally created by EverThrive IL, the Illinois Department of Public Health, the Illinois Department of Healthcare and Family Services, and numerous partners in Workgroup E of the Children's Health Insurance Program Reauthorization Act (CHIPRA). Funding provided in whole or in part by the Illinois Department of Public Health, OWHFS, Maternal Child Health (MCH Title V Block Grant), Grant Agreement Number .

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# Preconception & Interconception

The preconception period is the time in people's lives when they can get pregnant but aren't. Typically, we think about **preconception** as **the time before becoming pregnant**. During this time, it's important to know how health conditions and risk factors could affect a person and their health if they become pregnant.

The **interconception** period is **the time in between pregnancies**. Interconception begins at the end of one pregnancy and ends with the conception of the next. Interconception care addresses risk factors to promote healthy outcomes of later pregnancies.

Use the list below to learn about health topics during the preconception and interconception periods.

## ***Expanding Your Family***

[Birth Spacing Fact Sheet](#)

[Getting Pregnant Again](#)

[Pregnancy After a Miscarriage](#)

[Pregnancy After Miscarriage: What You Need to Know](#)

[Pregnancy Spacing: Get the Facts](#)

[Pregnancy Spacing: How Long Should You Wait](#)

[Thinking About Pregnancy After Premature Birth](#)

## ***Family Planning & Contraception***

[Birth Control](#)

[Contraception](#)

[Ovulation Calendar](#)

## ***Fertility***

[Female Infertility](#)

[Fertility Treatment](#)

[Pregnancy After 35: Advanced Maternal Age](#)

[African American Women and Infertility](#)

[Getting Help to Pay for Fertility Treatment](#)

## ***Health Conditions***

[Anemia](#)

[Chronic Health Conditions](#)

[High Blood Pressure](#)

[Lupus](#)

[Preexisting Diabetes](#)

## ***Genetic Screenings***

[Carrier Screening](#)

[Genetic and Chromosomal Conditions](#)

## ***Nutrition & Physical Activity***

[Eating Well](#)

[Folic Acid](#)

[Healthy Eating and Pregnancy](#)

[Healthy Weight](#)

[Nutrition, Weight, & Fitness](#)

[Physical Activity](#)

[Vitamins and Nutrients](#)

## ***Preparing For Pregnancy***

[Check Up Before Pregnancy](#)

[Doulas](#)

[Family History](#)

[Family History Form](#)

[Getting Pregnant](#)

[Health Insurance Before Pregnancy](#)

[Knowing If You Are Pregnant](#)

[Planning for a Baby](#)

[Planning Your Pregnancy](#)

[Preconception Health: Getting Pregnant](#)

[Preventive Care](#)

[Preconception Health](#)

[Toxic Matters](#)

[Trying to Conceive](#)

[Unplanned Pregnancy](#)

[World Health Organization Preconception Care](#)

# Prenatal

The prenatal period is **the time when a baby develops in the womb, typically within 40 weeks**. Prenatal care can help keep both birthing parents and their babies healthy. Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care.

Use the list below to learn about health topics during the prenatal period.

## ***Alcohol, Smoking, & Substance Use While Pregnant***

[Alcohol During Pregnancy](#)

[Fetal Alcohol Spectrum Disorders](#)

[Smoking During Pregnancy](#)

[Street Drugs & Pregnancy](#)

[Tobacco, Alcohol and Drug Use During Pregnancy](#)

## ***Preparing for Labor & Delivery***

[Birth Plans](#)

[Birthing Classes](#)

[Doulas](#)

[Low Birthweight](#)

[Preterm Labor](#)

[Preterm Labor & Premature Births](#)

[When to Know I'm in Labor](#)

## ***Monitoring Babies Growth & Movement***

[Changes in Your Body During Pregnancy: Second Trimester](#)

[Changes To Your Body During Pregnancy: 3rd Trimester](#)

[Count the Kicks](#)

[Fetal Movement](#)

[Pregnancy Week by Week](#)

[Pregnancy with Multiples](#)

[Your Baby's Development: The First Trimester](#)

## ***Safety Precautions While Pregnant***

[Car Safety During Pregnancy](#)

[Radiation and Pregnancy](#)

[Seat Belts During Pregnancy](#)

[Travel](#)

## ***Nutrition & Health Management While Pregnant***

[Being Overweight During Pregnancy](#)

[Caffeine in Pregnancy](#)

[Exercise During Pregnancy](#)

[OTC Medicines and Pregnancy](#)

[Prescription Medicine During Pregnancy](#)

[Taking Care of You and Your Baby While Pregnant](#)

[Tips for Good Oral Health During Pregnancy](#)

[Vitamins & Other Nutrients During Pregnancy](#)

[Weight Gain During Pregnancy](#)

## ***Perinatal Care Management***

[Amniotic Fluid](#)

[Bleeding During Pregnancy: What's Normal](#)

[Cervical Insufficiency and Short Cervix](#)

[Common Discomforts of Pregnancy](#)

[Pregnancy and Vaccinations](#)

[Pregnancy: Making Choices](#)

[Prenatal Care Checkups](#)

[Vaginal Birth After Cesarean](#)

[Preparing for a Virtual Visit](#)

## ***Pregnancy Complications***

[Asthma During Pregnancy](#)

[Bacterial Vaginosis](#)

[Chicken Pox During Pregnancy](#)

[COVID-19: Impact On Moms and Babies](#)

[COVID-19: Protecting You & Your Family](#)

[Cytomegalovirus](#)

[Diabetes and Pregnancy](#)

[HIV & Pregnancy](#)

[Pregnancy & HIV, Viral Hepatitis, STD, and TB Prevention](#)

[Pregnancy Complications](#)

[Pregnancy-Induced Hypertension](#)

[Sexually Transmitted Infections](#)

[Zika Virus & Pregnancy](#)

## ***Pregnancy Loss***

[Bereavement Kit — Grieving Families](#)

[Early Pregnancy Loss](#)

[SIDS](#)

[WHO - Losing A Baby](#)

[How to Navigate Pregnancy Loss](#)

[Why at Least 39 Weeks is Best for Your Baby](#)

# Postpartum

The postpartum period is **the time after childbirth**. Recovering from birth is an essential part of the reproductive phase. New parents must take special care of their bodies after giving birth and breastfeeding. According to the Illinois Department of Public Health, one in five new moms experience postpartum depression. Stressful events, relationship problems, lack of social support, and poverty can intensify symptoms of postpartum depression. When mothers care for themselves and have support systems in place, they are best able to care for themselves and their baby.

Use the list below to learn about health topics during the postpartum period.

## ***Breastfeeding Your Baby***

[Breastfeeding](#)

[Breastfeeding Guidelines & Recommendations](#)

[Breastfeeding Hints to Help You Get Off To a Good Start](#)

[Breastfeeding is Best](#)

[Breastfeeding Your Baby](#)

## ***Caring For You & Baby***

[Baby Vaccinations](#)

[Babysitters and Child Care](#)

[Caring For Your Baby](#)

[Developmental Monitoring and Screening](#)

[Kangaroo Care](#)

[Newborn Care](#)

[Type 1 Diabetes in Children](#)

## ***Caring For Your Baby in the NICU***

[Common Conditions Treated in the NICU](#)

[Continuing Medical Care After NICU](#)

[Coping with Stress in the NICU](#)

[Feeding Baby After NICU](#)

[Getting Ready to Go Home From the NICU](#)

[Home After NICU](#)

## ***Family Planning & Contraception***

[Birth Control](#)

[Contraception](#)

[Ovulation Calendar](#)

## ***Postpartum Mental Health***

[Baby Blues After Pregnancy](#)

[New Mom Stress](#)

[Postpartum Depression](#)

[Postpartum Depression Action Plan](#)

## ***Pregnancy Loss***

[Bereavement Kit - Grieving Families](#)

[Dealing with Grief After Loss of Baby](#)

[SIDS](#)

[WHO - Losing A Baby](#)

## ***Warning Signs***

[Warning Signs After Birth](#)

[Warning Signs of Complications](#)

## ***Recovering From Birth***

[Baby's First Few Hours of Life](#)

[C-Section Recovery](#)

[Postpartum Care](#)

[Postpartum Check Ups](#)

[Postpartum Hemorrhage](#)

[Recovering From Delivery \(Postpartum Recovery\)](#)

[Vaginal Birth Recovery](#)