

Just for You

Pregnancy and postpartum life doesn't come with a manual, so we created one for you! These tips can be helpful in keeping you and your family healthy and happy.



Breastfeeding

- Breastfeed for as long as you and your baby want. It's healthy for both of you!
- Breastmilk will change as your baby grows to meet their needs.
- Visit [Breastfeeding website](#) or call the Breastfeeding Hotline at 1-800-833-4642 if you have questions or concerns.

Healthy Eating

- Try to eat a rainbow of fruits and vegetables every day.
- Choose water over juice and soda.
- Include whole grains like oatmeal, bread, or corn tortillas at meals.
- Visit [MyPlate](#) and [AZ Health Zone](#) for recipes and healthy eating tips.
- To apply for help with food, visit [Arizona Department of Economic Security](#).



Folic Acid

- A healthy diet and a multivitamin with folic acid gets mom ready for pregnancy.
- Folic acid helps grow a healthy baby.
- Folic acid is important before, during, and after pregnancy to prevent birth defects.
- For free vitamins, visit [Power Me A2Z](#).

Mental Health

- It's okay to ask for help.
- Taking care of yourself is just as important as taking care of your family.
- Your doctor can give advice on any changes in your body.
- Getting enough sleep helps your body recover.
- Spend time with loved ones and talk about how you are feeling.
- If you are concerned about your mental health, visit [PSI Arizona](#) or call the Maternal Mental Health Hotline at 1-833-TLC-MAMA (1-833-852-6262)



Vaccines

- Vaccines keep your family healthy.
- Your child needs a record of their shots. Keep it in a safe place.
- Yearly flu shots for all family members are important.
- Get your child's shots on time.
- For more information on when your child needs vaccines, visit [Vaccines Schedules](#).
- If you need help paying for vaccines, ask your doctor about the Vaccines for Children Program.
- For more information visit [Vaccines for Children program](#).

Other Concerns

- Avoid alcohol, tobacco, and drug use, as these can be harmful to your family.
- For Substance Abuse Treatment and Resources, visit
 - [Arizona Treatment Locator](#)
 - Arizona Opioid Assistance and Referral Line | 1-888-688-4222
 - SAMHSA Helpline | 1-800-662-4357
- Talk to friends and family about not smoking around your children.
- Quitting smoking? Call the ASHLINE at 1-800-556-6222.
- Are you interested in free parent education and family resources? Strong Families AZ offers programs for first-time mothers, fathers, and families with young children ages zero to five.
- Visit [Strong Families AZ](#) to connect with a home visiting program near you.



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July 2023