

ECHO Script

Emergency and Community Health Outreach



Final Script
May 23, 2011

ECHO Show "Prenatal Health" Word count:

-1-

Family with baby or kids

Becoming a parent is something that will have a huge impact on your life. When you're expecting a child, you have a lot to think about and a lot to do to get ready.

-2-

Pregnant women

It's especially important to pay close attention to your own health while you're pregnant. Taking good care of yourself helps both you and your baby.

-3-

Pregnant woman at doctor's appointment

Even if you've had children before, you might not remember to do everything you should. You can start by making sure you regularly see a health care provider.

-4-

Pregnant woman at doctor's appointment

Your health care provider can be a doctor who specializes in pregnancies, like an OB/GYN, a family practice doctor, a certified-nurse midwife or other health professional.

-5-

More dr's appointment

By going to regular appointments, you and your health professional can make sure your pregnancy is going well and your baby is growing healthy. You can also find out if you're having any issues or problems with your pregnancy, and learn what to do so they don't become more serious.

-6-

Calendar

You'll also find out if you need any vaccinations and of course when your baby is due.

-7-

Healthy foods

When you're pregnant it is very important that you eat a healthy diet, which includes lots of fruits and vegetables.

-8-

Healthy foods, fast foods

Don't forget to include plenty of grains, milk products and protein. You don't have to give up all your favorite foods—just try to limit the unhealthy ones as much as you can.

-9-

Folic acid

Also take Folic Acid regularly. Folic Acid is a vitamin that helps prevent birth defects.

-10-

Smoking

Do not use drugs or smoke while you are pregnant. Drug and tobacco use can cause serious harm to your baby. Avoid even being around people who are smoking.

-11-

Coffee, alcohol

You should also limit the amount of caffeine you drink, and do *not* drink alcohol. Alcohol can also severely hurt an unborn child. Babies of mother who drink while they're pregnant can be born with Fetal Alcohol Syndrome. Those babies are often under-sized or have development problems as they grow.

-12-

Walking or exercising moms

It's important to stay active while you're pregnancy. Try to get 30 minutes of exercise on most days. It's safe for your baby and helps you build up stamina for childbirth.

-13-

Class or people talking

Your mind also needs to stay sharp. Attend childbirth classes, which will give you important information and connect you with other pregnant women. This will help you build a support network—people you can turn to who are in your same situation.

-14-

People talking, or place of worship

Becoming a parent or adding a child to your family is exciting and joyful, but it can also be stressful. Build up your circle of support before your baby gets here.

-15-

Families together

The people around you can help—share your feelings with them and don't be afraid to ask for help or talk about any concerns.

-16-

Cute baby

Taking care of your mind, body and spirit gives your baby the best possible start to his or her life.