

Women in the preconception, prenatal, and postpartum periods can find information regarding:

- Medical Services
- Healthy Eating and Exercise
- Healthy Mind and Relationships
- Substance Use
- Home and Work Environment
- Infant Care

For additional information, visit [www.everywomanoc.org](http://www.everywomanoc.org) or contact the Health Referral Line at (800) 564-8448.



## Thinking About Getting Pregnant

Taking good care of your body and mind will prepare you for pregnancy and give your baby a healthy start.

Even if you decide not to become pregnant now or in the future, this information will help you to live a healthy lifestyle.

## Pregnant

If you are pregnant, it's important to start planning and making healthy choices for your growing family.

The decisions you make now will help your baby have a happy, healthy life.

## After Giving Birth & Baby's 1<sup>st</sup> Year

The postpartum period refers to the first six weeks after childbirth. It is a period of healing and adjustment.

During these weeks, you'll bond with your baby and have a post-delivery checkup with your doctor. Take care of your baby and yourself by making good choices and staying healthy.



## About Us

**Every Woman OC** is a resource for anyone who is thinking of becoming pregnant, is pregnant, or has a new baby. Our goal is to provide you with information and resources necessary to experience pregnancy and parenting in a safe and healthy way.

[www.everywomanoc.org](http://www.everywomanoc.org)



The Orange County Perinatal Council (OCPC) is dedicated to supporting optimal perinatal health and wellness for Orange County's women and babies – before, during and after birth.



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