

The 1st Month (1 to 4 weeks)

Some changes you may see:

You may not see any change in your body in the 1st month. You may feel sick in the morning. Don't worry. Morning sickness will go away.

Things you can do:

- If you smoke — **stop!** No matter what anyone says, smoking is very bad for the baby. Smoking includes cigarettes, e-cigarettes, and marijuana. Even the smoke from other people smoking can hurt your baby. If you need help quitting, let us know. **We can help.**
- **Don't take any drugs without asking your doctor** — not even aspirin. Don't drink alcohol. Alcohol includes beer, red and white wine, and liquor. Don't take street drugs. If you need help with drugs and alcohol, let us know. **We can help.**
- **Ask your doctor about taking a prenatal vitamin with folic acid.** It can help prevent birth defects.

Quick tip for morning sickness:

Eat a small snack before you go to bed (cheese would be good) and eat a few crackers in the morning before you get out of bed.

Sign up with the Women, Infants, and Children (WIC) program if you are eligible.

If you need help, let us know. **We can help.**