



Let's deal with stress

in ways that don't
stress our babies

Take care of yourself so you can take care of your family.

- Reduce stress: stress can cause a baby to be born too soon.
- Eat well and take vitamins.
- Exercise.
- Get enough sleep.
- Avoid smoking, alcohol and drugs.
- Reach out for help.

For more information:

Call 1-800-722-2295

Maternal and Child Health Hotline

Text "NoStress" to 32075

Visit myspace.com/JourneyofaLifetime



JOURNEY of a **LIFETIME**
Healthy Babies through Healthy Families

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