



## Preparing for pregnancy

For every woman planning to get pregnant, join us through this booklet to learn about the important steps you should follow before planning for a new baby



A child's lifelong health including his predispositions to certain diseases can be shaped by the quality of his mother's nutrition and health

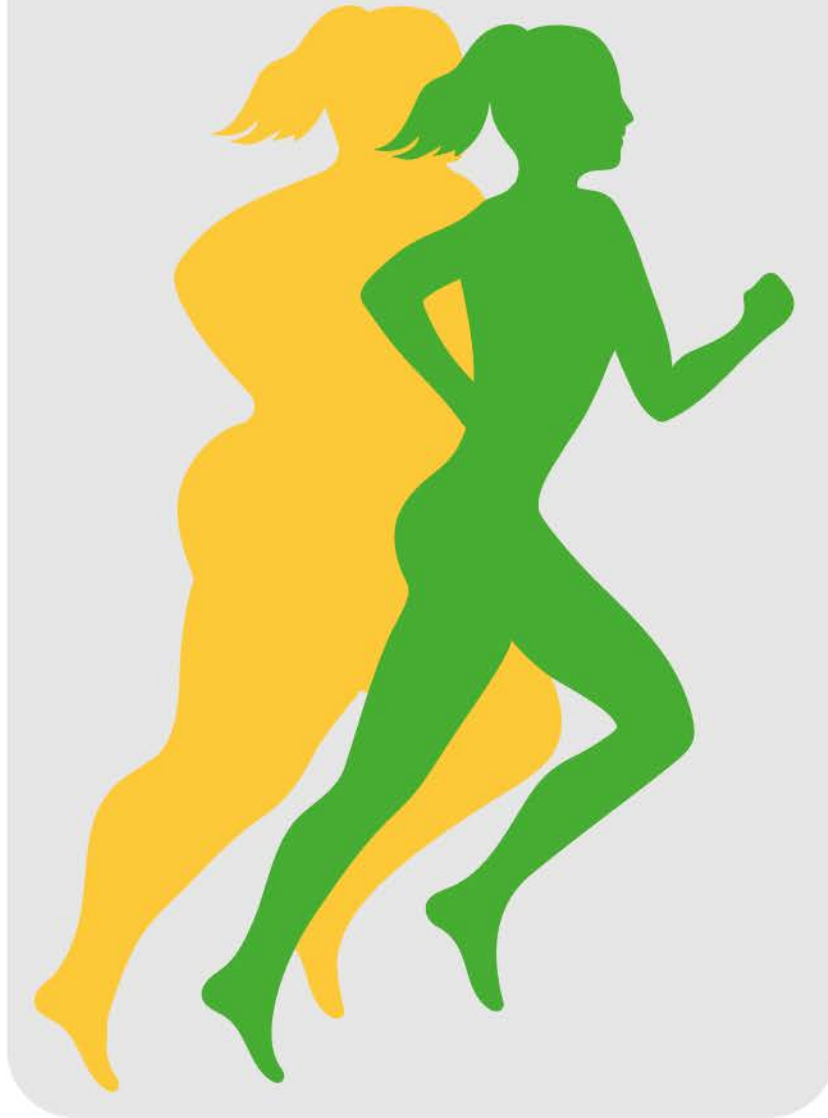
**Adopt Healthy Lifestyle**



You should start taking folic acid

It is often recommended to take Folic Acid at  
least 3 months before pregnancy happens

**(after consulting your doctor or nutritionist)**



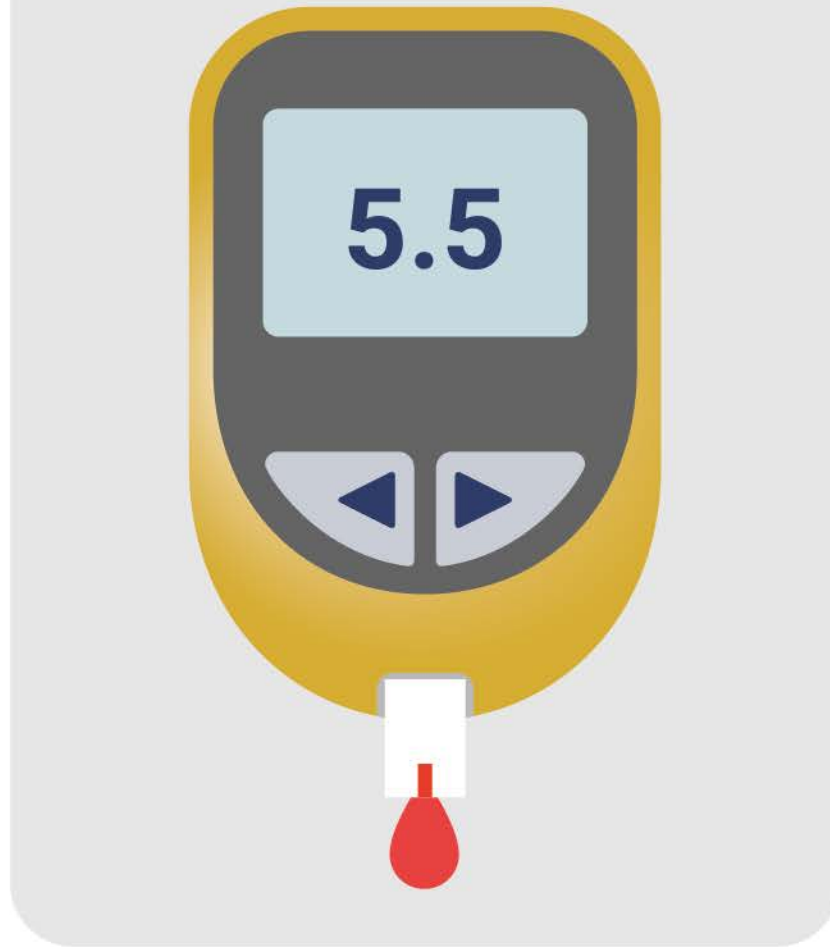
If you are overweight, it is **recommended to control and reduce weight** to avoid the risks of pregnancy complications



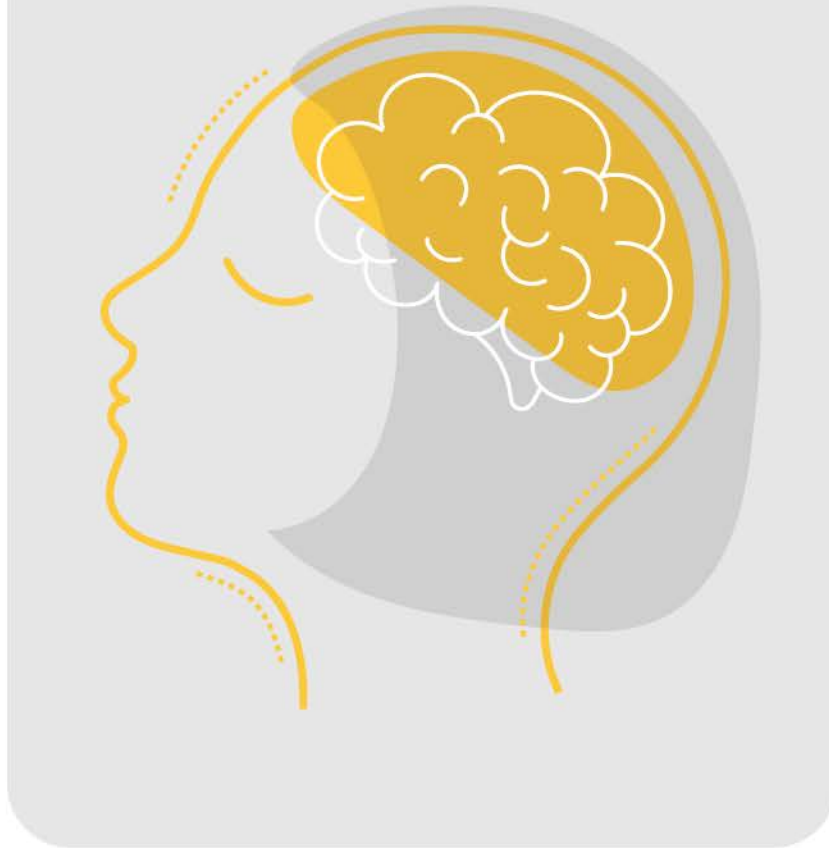
There are some medications that may affect your fetus health, it is advised to stop taking them. For example, Roaccutane which is used for acne treatment and other products high in vitamin A



# Quit smoking



If you are diabetic, you must control and adjust the sugar level so that the sugar **(A1C) is between 6 - 6.5%**

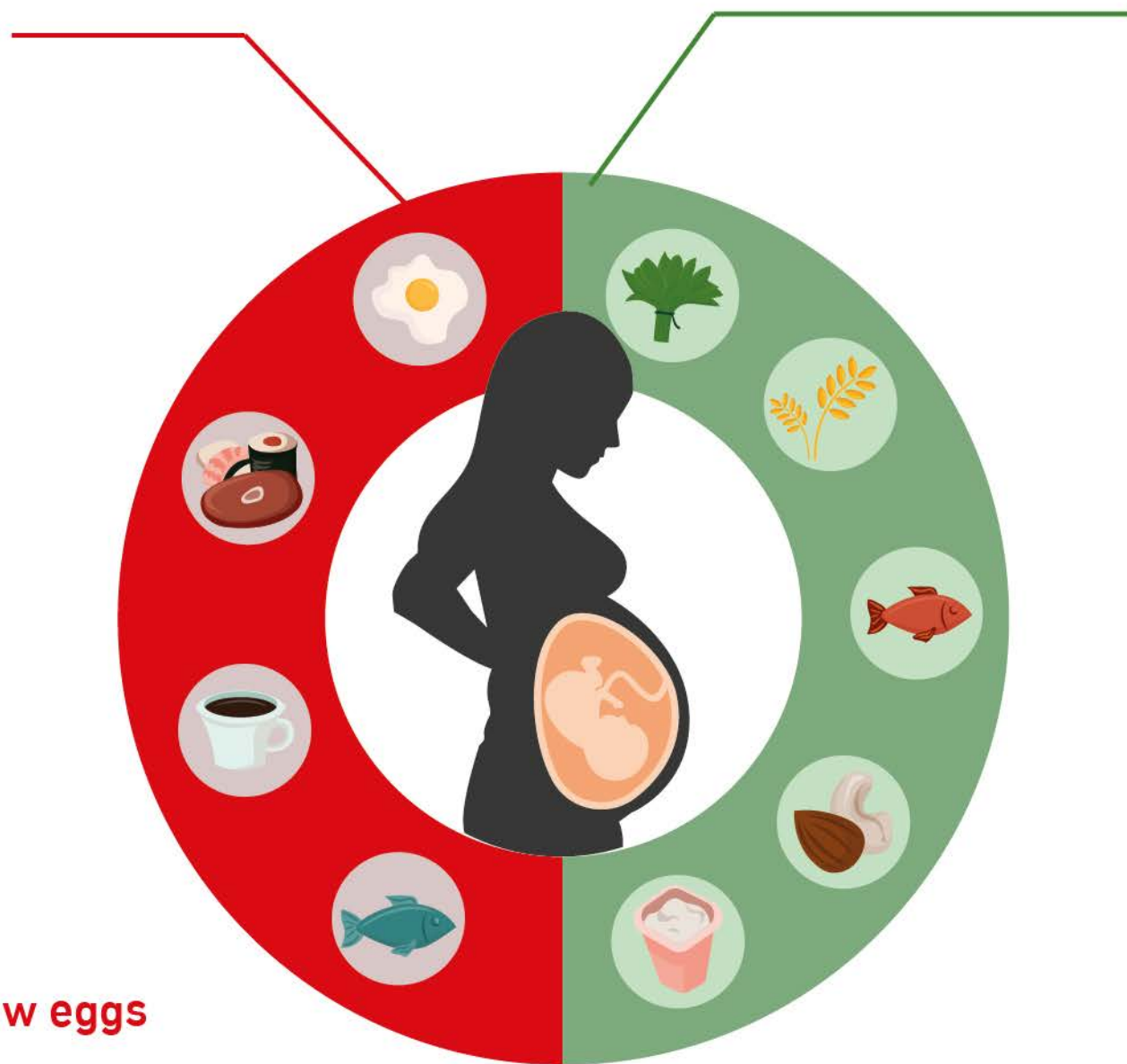


You should be at a healthy psychological state and prepared for this phase as it needs care and attention to your health and the health of your baby



**Foods  
to avoid**

**Recommended  
food**



**Raw eggs**

**Uncooked and raw  
meat - Some types of  
fish - Excessive intake  
of caffeine**

**Yogurt - vegetables  
eggs - unsalted nuts  
fruits - oats**

# Have fun and learn

## Word search game

What is the dietary supplement which is usually recommended for use while planning pregnancy?

Nutrition – Baby – Health – Sport – Fetus – berry – Water - Egg

N	U	T	R	I	T	I	O	N
H	H	E	A	L	T	H	B	P
F	O	L	I	C	R	E	E	B
	A	C	I	D	O	G	R	A
W	A	T	E	R	P	G	R	B
	F	E	T	U	S		Y	Y

Answer: Folic Acid



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