

My Self-management Goal for a Healthy Pregnancy

Taking small steps can make a big difference in having a healthy pregnancy. Start by choosing one of the following goals. Work together with your health care provider to create a plan to reach that goal.

- Be physically active by moving more and sitting less.
- Eat a healthy diet that is high in fiber and calcium.
- Check my blood pressure regularly.
- Spend time with people who support me.
- Check my blood sugar as needed.
- Find out what vaccinations I need and get them.
- Know the warning signs of complications during and after pregnancy.
- Cut out alcohol, tobacco, cannabis and other drugs while pregnant.
- Other: _____

Remember, small steps lead to success.

What steps can you take to help achieve your goal? _____

Follow-up plan: _____

If you have any questions or are having trouble reaching your goal, speak to your provider about other self-care strategies.



Objektif pou m jere tèt mwen pou yon gwosès san konplikasyon

Nenpòt ti jès ka fè yon gwo diferans pou yon gwosès san konplikasyon. Kòmanse chwazi youn nan objektif sa yo. Travay ansanm ak medsen ou pou kreye yon plan pou ou rive atenn objektif sa a.

- Toujou fè egzèsis fizik kote ou bouje kò w plis epi ou chita mwens.
- Gen yon rejim alimantè ekilibre ki gen anpil fib ak kalsyòm.
- Kontwole tansyon mwen regilyèman.
- Pase tan avèk moun k ap sipòte mwen.
- Verifye glisemi mwen si sa nesèsè.
- Chache konnen ki vaksen mwen bezwen epi pran yo.
- Konnen siy avètisman konplikasyon yo pandan ak aprè gwosès la.
- Siprime alkòl, tabak, kanabis (bòz) ak lòt dwòg pandan w ansent lan.
- Lòt: _____

Raple ou ti etap sa yo ap fè w jwenn siksè!

Ki mezi ou ka pran pou ede w atenn objektif ou? _____

Plan suivi: _____

Si w gen kesyon oswa si ou gen pwoblèm pou ou atenn objektif ou, pale ak medsen w lan pou li montre ou lòt estrateji pou ou pran swen tèt ou.

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