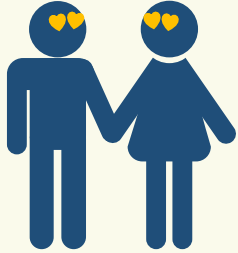
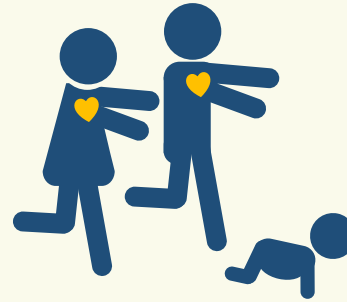


When's the best time to **START** protecting your child's health?

Before Conception.



During Pregnancy.



Early in Childhood.



Right this Minute.

Times when you can impact your child's health:

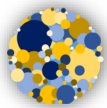
- Cigarette **smoking** before conception can damage baby's DNA – quit now.
- A healthy **diet** very early in pregnancy can protect baby from birth defects and cancer.
- Toxic **chemicals** can hang around for years – start cleaning up before you bring baby home.

Start Protecting Your Children's Health **BEFORE** They Are Conceived!



You Should Know:

Future moms and dads, if you're considering or planning a pregnancy – start protecting your child's health NOW. Even before your pregnancy begins – your healthy decisions can have a big impact. This is the first of four graphics to highlight the healthy choices you can make. Our recommendations are simple: stop smoking cigarettes, eat a healthy diet with lots of fruits and vegetables, take a prenatal vitamin with folic acid, and avoid exposure to chemicals at home by using safe cleaning products, a HEPA-filtered vacuum cleaner, and a wet mop to remove dust.



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