

Facilitator Guide



**Healthy
Babies
are Worth
the Wait®**

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Welcome to the *Healthy Babies are Worth the Wait® (HBWW) Prezi Facilitator Guide.*

This facilitator's guide and accompanying Prezi presentation are designed to teach pregnant women the importance of waiting until at least 39 weeks if thinking about scheduling their baby's birth for non-medical reasons.

These tools are offered by the March of Dimes, a nonprofit organization dedicated to improving the health of babies by preventing birth defects, premature birth and infant mortality. To achieve this goal, the March of Dimes funds programs of community service, advocacy, research and education. The HBWW toolkit includes a multimedia presentation created using Prezi software, a facilitator guide, participant note pages and pre-post questionnaire and are part of our education initiative.

Intended audience and instructors

The presentation and Facilitator Guide are designed for use with pregnant women in prenatal education settings. Potential facilitators include childbirth educators and other health professionals dedicated to helping women have healthy pregnancies and healthy babies.

Presentation objectives

After participating in this education activity, women will understand that:

- If their pregnancy is healthy and they're planning to schedule their baby's birth by c-section or labor induction, it's best to wait until at least 39 weeks of pregnancy. This gives their baby time he needs to develop before birth.
- Important organs, like the brain, lungs, liver, ears and eye, are still developing in the last few weeks of pregnancy. Staying pregnant for at least 39 weeks allows a baby to fully develop before birth.
- A due date may be off by a week or two. Scheduling a baby's birth before 39 weeks of pregnancy may cause a baby to be born too early. Early birth can cause health problems for babies at birth and later in life.
- If their pregnancy is healthy, it's best to wait for labor to begin on its own.

How to Get the Prezi Presentation



You can download the HBWW Prezi presentation and companion pieces from prematurityprevention.org. After you register go to the Healthy Babies are Worth the Wait Education Campaign (left margin) then click HBWW Consumer Education Initiative folder. To download the presentation open the file and click "save".

To run the presentation, open the folder and double-click the Prezi icon.

Overview of the Prezi and Facilitator's Guide

The Prezi is a computer-based presentation designed for viewing on a computer screen or projected for larger viewing through a laptop and LED projector.

What Equipment is needed?

Prezi will run on any computer equipped with Adobe Flash Version 11.1 or higher. Note this is a very large file – 120 mb in size. If your computer does not have enough memory or a fast enough processor, the Prezi will run more slowly. If you're experiencing issues, try the Prezi on a newer computer. In addition to the computer and an LCD projector you will need a set of computer speakers to be able to hear the audio portion of the videos. Plug the speaker cable into the headphones jack on your laptop and adjust the volume as necessary.

The Prezi appears as a full-screen projected image. At the bottom of your computer or laptop screen are left and right arrows. Click on the left arrow to move backward through the presentation and on the right arrow to move forward.

The Facilitator Guide includes:

- Directions for installing the Prezi
- Step-by-step, screen-by-screen instructions (in italics) and scripted copy (in quotation marks) for instructors
- For each step, the Prezi image that participants are seeing
- Space in each step for instructors to record notes and reminders

Your role as a facilitator

Your service as a facilitator assumes that you embrace the participatory nature of the sessions and are committed to work with participants in a collaborative and supportive manner. An effective facilitator for *Healthy Babies are Worth the Wait* is someone who:

- Feels comfortable speaking in front of a group
- Conducts the presentation in an engaging manner
- Is non-judgmental and emotionally supportive
- Has good listening skills.
- Is knowledgeable about pregnancy and sound prenatal health practices

Depending on your setting and participants, you may be required to arrange for things like:

- Meeting space and time
- Computer equipment
- Child care for your participants
- Refreshments

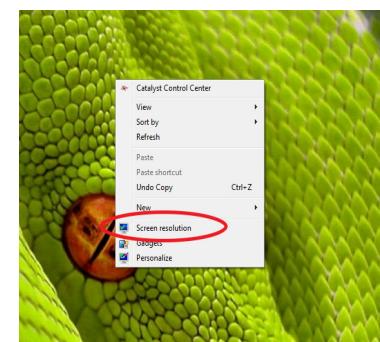
The *Healthy Babies are Worth the Wait* presentation is designed to be conducted in one hour-long session.

STEP 1

When plugging your computer into an LED projector, make sure the projected screen does not cut off any part of your computer screen. If you can see your entire computer screen, continue to the Getting the Prezi to work on your computer. If not, follow the next steps to configure your screen resolution.

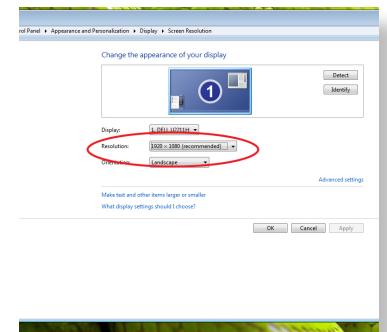
STEP 2

Right click on your desktop. Select “Screen resolution” from the menu.



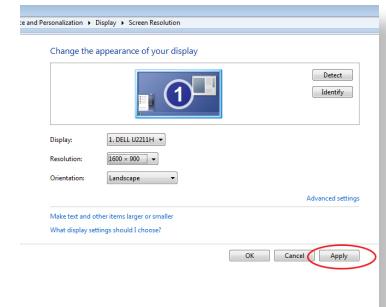
STEP 3

Select the highest resolution by selecting the highest resolution from the drop down menu. Depending on your screen size, 1920 x 1080 may be the highest resolution.



STEP 4

Click "Apply" in the bottom right-hand corner to apply your changes.



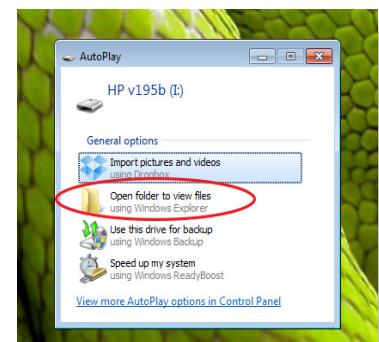
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Getting the Prezi to work on your computer

If you're using a Mac®, insert the USB drive into your computer. Double click the USB disc icon and then the Flash file title Prezi.

If you're using a PC, use the following instructions to load the Prezi on your computer. The instructions are based on the Windows 7® operating system.



USB drive, Step 1

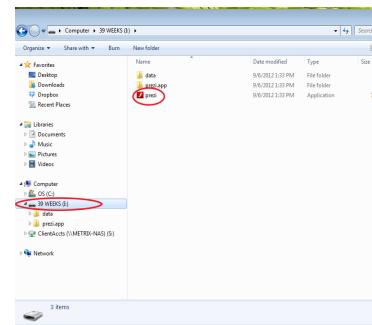
Insert the Healthy Babies are Worth the Wait USB flashdrive into your computer. A box titled- "AutoPlay" may pop up on your screen. If this happens, click on "Open folder to view files."

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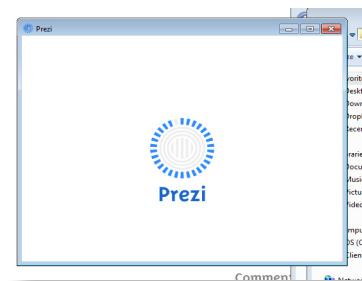
USB drive, STEP 2

If AutoPlay doesn't appear, go to "My Computer" and locate the USB drives. Click the USB drive where the Prezi is inserted. Then double click the red icon with the F called "Prezi" to launch Adobe Flash Player and the Prezi.



USB drive, STEP 3

The Prezi may prompt you to update your software. You need an Internet connection to follow the prompts and update your software. If your software is up to date, the Prezi indicates that it is loading.



USB drive, STEP 4

Run the Prezi on “Full screen” mode. To do this, click the “Full screen” button in the bottom right corner of your screen.



USB drive, STEP 5

Once your Prezi is full screen, you may or may not see the taskbar at the bottom of your screen. If you don’t see the taskbar, you can skip to Step 8. If you do see the taskbar, right-click on it. A menu pops up. Select the last option: “Properties.”

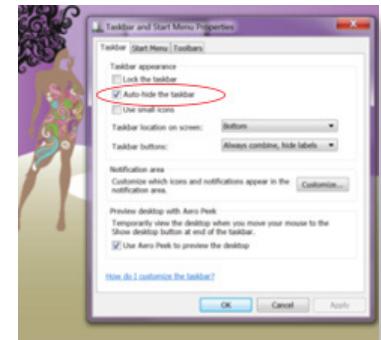


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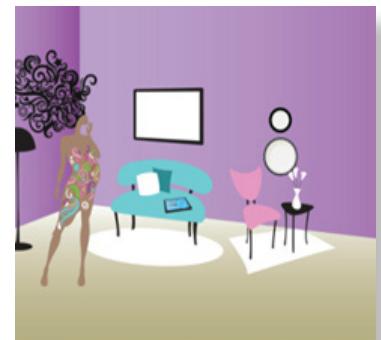
USB drive, STEP 6

Once you select “Properties”, a new box pops up over your Prezi. Under the tab “Taskbar,” make sure the second option- “Auto-hide the taskbar” is the only box checked. This collapses the taskbar until it’s hovered over by the mouse. It eliminates the taskbar from being a distraction to the Prezi. When finished, click “OK.”



USB drive, STEP 7

You now have a full screen view of your Prezi, and are ready to begin the presentation. If you need to access the taskbar at any time during your presentation, use the mouse to hover over the bottom of your screen. To exit fullscreen mode, use the “Esc” key in the top left-hand corner of your keyboard.



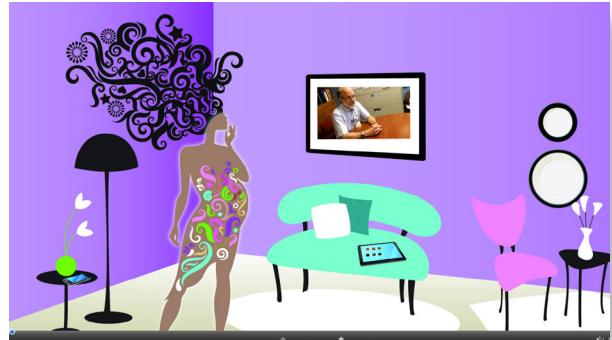
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STEP 1

To move to the next image, click the forward arrow at the bottom of your screen.

"Hello everyone. Welcome to today's session called Healthy Babies are Worth the Wait. My name is _____. Thank you for coming today. We'll be sharing a lot of great information, so let's get started."



STEP 2

-CLICK: Healthy Babies are Worth the Wait

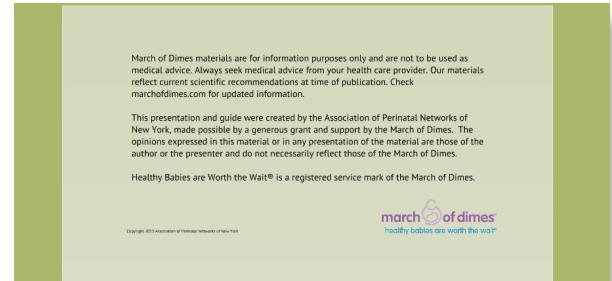
Healthy Babies are Worth the Wait®

STEP 3

-CLICK:

March of Dimes materials are for information purposes only and are not to be used as medical advice. Always seek medical advice from your health care provider. Our materials reflect current scientific recommendations at time of publication. Check marchofdimes.com for updated information.

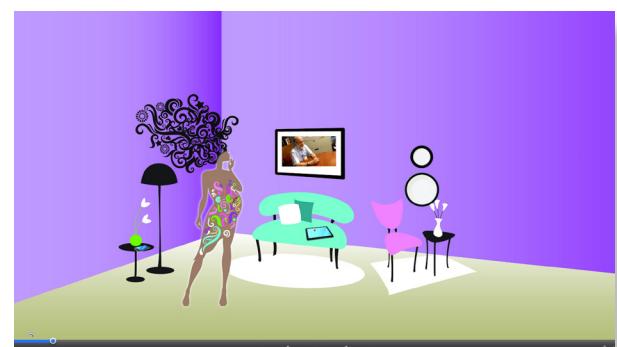
This presentation and guide were created by the Association of Perinatal Networks of New York, made possible by a generous grant and support by the March of Dimes.



STEP 4

-CLICK to zoom to full screen. Say:

"Today we're going to discuss something you may be starting to think about, especially if you're more than a few months pregnant."



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STEP 5

-CLICK: So how long is this pregnancy going to last?

Engage women in conversation about the question. How long do they think a pregnancy lasts?



So how long is this pregnancy going to last?
Everybody says 9 months.

STEP 6

-CLICK: Everybody says 9 months



So how long is this pregnancy going to last?
Everybody says 9 months.

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STEP 7

-CLICK: Health care providers say at least 39 weeks.



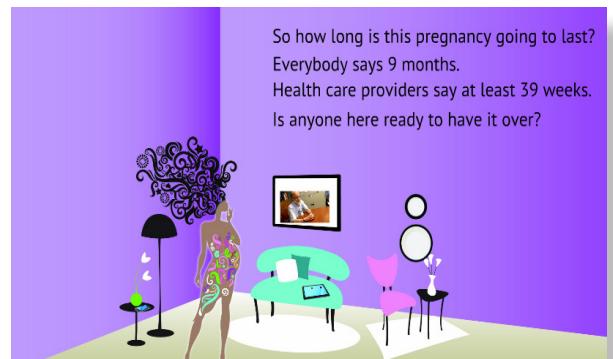
So how long is this pregnancy going to last?
Everybody says 9 months.
Health care providers say at least 39 weeks.

STEP 8

-CLICK: Is anyone here ready to have it over?

"OK. Just between us...for those of you who are more than a few months pregnant, do any of you wish you could have your baby tomorrow?"

This question should generate some great discussion, especially among women who are far along in their pregnancy.



So how long is this pregnancy going to last?
Everybody says 9 months.
Health care providers say at least 39 weeks.
Is anyone here ready to have it over?

STEP 9

-CLICK: Why do you think some women choose to have their baby early?

"What are some reasons that may make you want to have your baby early?"

Prompt for discussion. Probe for ideas beyond the common responses, like being uncomfortable or tired.

"Are there reasons NOT to have your baby early? We asked Dr. Chris Glantz, a specialist in maternal/fetal medicine, what he thinks about this. Dr. Glantz is a Professor of Obstetrics and Gynecology and Public Health Science at the University of Rochester Medical Center and an expert on fetal development."

Why do you think some women choose to have their baby early?

STEP 10

-CLICK to play and watch video. Then say:

"So why would a woman want to take the risk? Because you're ready to have your pregnancy over? Or maybe it's more complicated than that."



STEP 11

-CLICK: My mom can only get vacation the week before I'm due!

"There are many reasons you may feel pressure to have your baby early. Maybe you have no one to help at home. Maybe you have another child to be cared for when you have your baby in the hospital. What are some other reasons you can think of?"



"My mom can only get vacation the week before I'm due!"



STEP 12

-CLICK:

"What's the worst-case scenario of waiting a week? It can't be too bad if it's only a week, can it?"



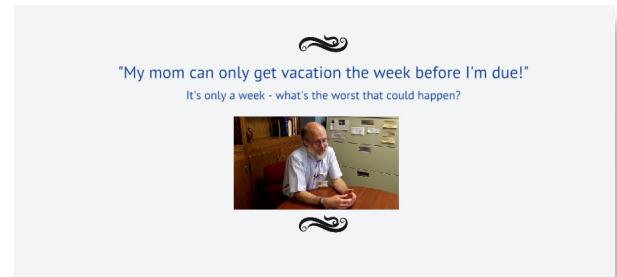
"My mom can only get vacation the week before I'm due!"

It's only a week - what's the worst that could happen?



STEP 13

-CLICK for video #2 to appear.



STEP 14

DOUBLE CLICK to play and watch video.

Then say:

"How do you feel after listening to Dr. Glantz? What do you think about waiting for labor to begin on its own if your pregnancy is healthy and you don't have medical problems?"

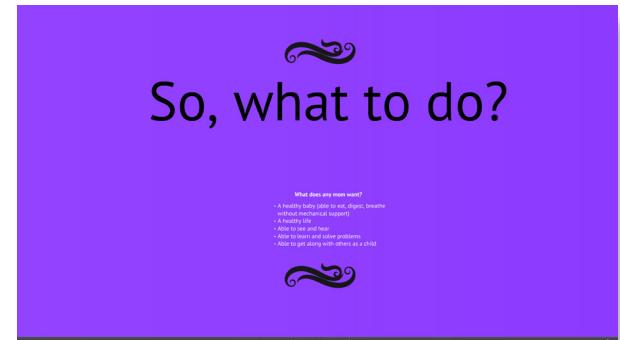
This should be a "wow" moment for participants; encourage them to explore their thoughts and feelings.



STEP 15

-CLICK: So, what to do?

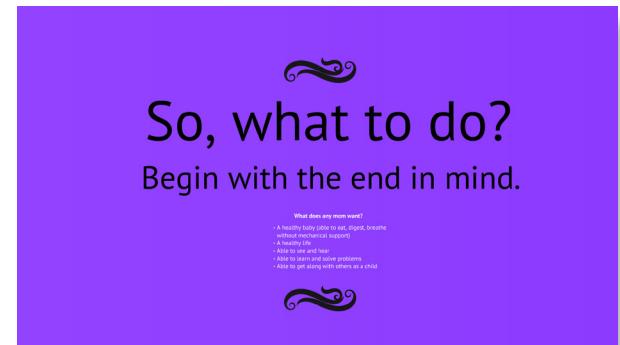
"What do you do when you have conflicting needs?"



STEP 16

-CLICK: Begin with the end in mind.

"Sometimes it's hard to sort out what you need right now and what you want for the future. It helps to think about what your future--and your new baby--may be like."



STEP 17

- CLICK: Every mom wants a healthy baby who can:
- Eat and breathe on his own
 - See and hear
 - Learn
 - Grow up to have a healthy life
-
-
-
-
-

Every mom wants a healthy baby who can:

- Eat and breathe on his own
- See and hear
- Learn
- Grow up to have a healthy life

STEP 18

- CLICK: What can you do to help you have a healthy pregnancy and a healthy baby?

Engage the women in a discussion of things they can do (and not do) to help keep their pregnancy healthy.

What can you do to help you have a healthy pregnancy and a healthy baby?



STEP 19

-CLICK: --Take your prenatal vitamin every day.
--Don't smoke, drink alcohol or abuse drugs.
--Eat healthy foods.
--Do something active every day.
--Get plenty of sleep.
--Go to all your prenatal care appointments, even if you're feeling fine.
--If you and your baby are healthy, stay pregnant for at least 39 weeks.

"You've probably heard most of these things before. They're all good advice. But did you know about staying pregnant at least 39 weeks? A lot of people, including health care providers, don't talk about it very often."



- Take your prenatal vitamin every day.
 - Don't smoke, drink alcohol or abuse drugs.
 - Eat healthy foods.
 - Do something active every day.
 - Get plenty of sleep.
 - Go to all of your prenatal care appointments, even if you are feeling fine.
 - If you and your baby are healthy, stay pregnant for at least 39 weeks.
- 

STEP 20

-CLICK: But my sister's baby was born at 36 weeks, and he's fine.

"I'm sure that many of you have heard about babies born early who are doing well. Many premature babies do. But remember what Dr. Glantz said: There's always a greater risk that a baby born before 39 weeks may have health problems. And some of these babies may seem to be OK but have problems that aren't obvious."



But my sister's baby was born at 36 weeks, and he's fine. 

STEP 21

-CLICK: Why is it so important to stay pregnant for at least 39 weeks?

"What is it that makes those last few weeks of pregnancy so important?"

Why is it so important to stay pregnant for at least 39 weeks?

STEP 22

-CLICK: To understand why getting to at least 39 weeks of pregnancy is so important, you first need to know what's happening to your baby as he grows inside you.

"How many of you know what parts of your baby are developing at what time?"

Wait for a show of hands.

"What develops when? What develops first? What develops last?

Engage women in discussion.

"Let's look at several stages of pregnancy. They may surprise you!"

To understand why getting to at least 39 weeks of pregnancy is so important, you first need to know what's happening to your baby as he grows inside you.

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STEP 23

-CLICK: At 8 weeks, all of your baby's major organs and body systems are developing. The placenta is working. The placenta grows in your uterus and supplies the baby with food and oxygen through the umbilical cord. Your baby is about 1/2 to 1 inch long.

"Before 8 weeks, the baby is called an embryo. The body structures are not yet recognizable. After 8 weeks, body parts start to form. Health care providers call the baby a fetus right up until he's born, but it's OK to call him a baby throughout pregnancy, like we're doing today."



8 weeks

All of your baby's major organs and body systems are developing. The placenta is working. The placenta grows in your uterus and supplies the baby with food and oxygen through the umbilical cord. Your baby is about 1/2 to 1 inch long.

STEP 24

-CLICK: At 12 weeks, your baby's hands develop faster than her feet. Your baby can move around, but you may not be able to feel her move yet. You can hear your baby's heartbeat through a device your provider uses. Your baby is about 3 inches long and weighs about 1 ounce.

"At 12 weeks, your provider may be able to hear your baby's heartbeat. But your baby still has a long way to go before she's ready to be born."



12 weeks

At 12 weeks, your baby's hands develop faster than her feet. Your baby can move around, but you may not be able to feel her move yet. You can hear your baby's heartbeat through a device your provider uses. Your baby is about 3 inches long and weighs about 1 ounce.

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STEP 25

-CLICK: At 16 weeks, your baby's ears have developed. She can hear you! Talk or sing to her as much as you like. Your baby is about 6 to 7 inches long and weighs about 5 ounces.

"At 16 weeks, her body systems are still developing, but hearing mom sing is pretty cool!"



16 weeks

Your baby's ears have developed. Your baby can hear you! Talk or sing to him/her as much as you like. Your baby is about 6 to 7 inches long and weighs about 5 ounces.

STEP 26

-CLICK: At 20 weeks, your baby is swallowing more. Her nails start to grow toward the ends of her fingers. If you want, you can find out if your baby's a boy or a girl on an ultrasound. Your baby is about 10 inches long and weighs about 1 pound.

"You may have an ultrasound at 16 to 20 weeks of pregnancy. Although your baby's lungs have been developing, her chances of survival outside the womb are very small."



20 weeks

Your baby is swallowing more. Their nails start to grow towards the ends of their fingers. If you want, you can find out if your baby is a

STEP 27

-CLICK to see and watch the ultrasound. Then say:

"How many of you have had an ultrasound?"



STEP 28

-CLICK: 28 weeks is the beginning of your third trimester. Your baby can slightly open her eyes and can sense changes in light. Her eyelids begin to form eyelashes. Your baby is about 14 inches long and weighs about 2 1/2 pounds.

"Some babies do survive birth at 28 weeks with a ton of medical care. Usually these babies have life-long medical and learning problems because the brain is immature."



This is the beginning of your third trimester. Your baby can slightly open his/her eyes and can sense changes in light. Their eyelids begin to form eyelashes. Your baby is about 14 inches long and weighs about 2-1/2 pounds.

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STEP 29

-CLICK: At 37 weeks important organs, like your baby's brain, lungs and liver, are still developing. If your pregnancy is healthy, it's best to stay pregnant for at least 39 weeks. Births scheduled before 39 weeks should be for medical reasons only.

"Your baby may look like he's finished growing, but his brain, lungs and liver are still developing. If your baby were born now, he may have problems seeing and hearing, keeping warm, sucking and swallowing, and being able to stay awake."



37 weeks

Important organs like your baby's brain, lungs and liver are still developing. If your pregnancy is healthy, it's best to stay pregnant for at least 39 weeks. Births scheduled before 39 weeks should be for medical reasons only.

STEP 30

-CLICK: You and your baby have made it to 39 weeks! This is great! Your baby will let you know when she's ready to be born. Call your provider when you think you're in labor.

"Finally, you and your baby have reached 39 weeks! But it's still important to wait until your baby lets you know she's ready for birth. Learn the signs of labor so you know when to call your health care provider."



39 weeks

You and your baby have made it to 39 weeks! This is great! Your baby will let you know when she's ready to be born. Call your provider when you think you're in labor.

STEP 31

-CLICK: Who knew how much a baby grows in the last few weeks of pregnancy?



STEP 32

-CLICK: Your baby's brain is still developing in the last few weeks of pregnancy. His eyes, ears and lungs are still developing, too."

Your baby's brain is still developing in the last few weeks of pregnancy. His eyes, ears and lungs are still developing, too.

STEP 33

-CLICK: A baby's brain at 35 weeks weighs only two-thirds of what it will weigh at 39 to 40 weeks.

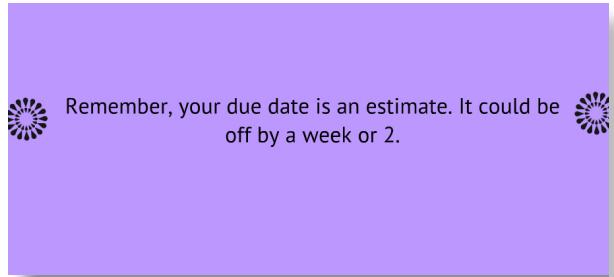
"You can see how much a baby's brain grows in the last few weeks of pregnancy."



STEP 34

-CLICK: Remember, your due date is an estimate. It could be off by a week or 2.

"When your health care provider told you when your baby is due, did he give a certain date? How many of you know women who gave birth much earlier or much later than the date they were given? Let's hear what Dr. Glantz has to say about due dates."



STEP 35

-CLICK to play and watch video #3. Then say:

"So you've heard it straight from the doctor. Health care providers can't always tell when a baby was conceived. If a woman gives birth earlier than she absolutely has to, it means the baby has a higher risk of problems."



STEP 36

-CLICK: What if you choose to have your baby at 37 weeks, but your estimated due date is off by 2 weeks? This means your baby could be born at 35 weeks.

"Knowing what you've learned today, what is the best way to make sure your baby has developed enough to be born healthy?"

*Guide the discussion to the conclusion that
as long as mom and baby are healthy, it's best to let labor
begin on its own and not schedule an early birth for non-
medical reasons.*

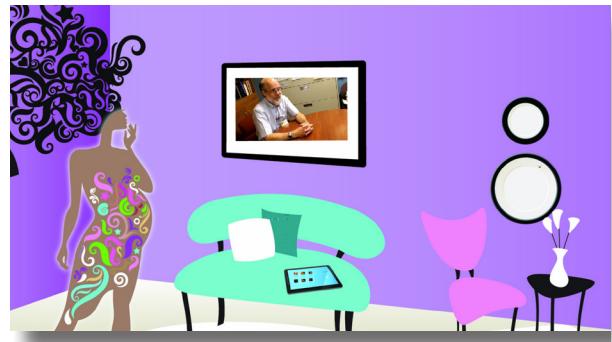
What if you choose to have your baby at 37 weeks, but your estimated due date is off by 2 weeks? This means your baby could be born at 35 weeks.



STEP 37

-CLICK to zoom Prezi out to full screen. Then say:

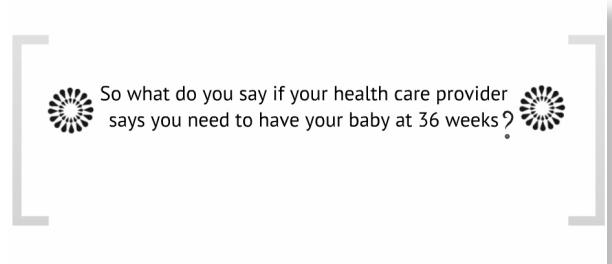
"But we know that sometimes a health care provider says that a baby needs to be born before labor starts."



STEP 38

-CLICK: So what do you say if your health care provider says you need to have your baby at 36 weeks?

"Is this the right thing to do because your health care provider suggests it? What do you think?"



STEP 39

-*CLICK:* What are some reasons your health care provider may want you to have your baby early?

"Do you know anyone who had to have her baby before labor started? If so, what was the reason?"

Encourage women to share stories.

What are some reasons your health care provider may want you to have your baby early?



STEP 40

-*CLICK:* --You have pregnancy complications, like high blood pressure, heart disease, bleeding or gestational diabetes
--Your baby is in danger of not getting enough food or oxygen--Your water breaks but labor doesn't start within 24 to 48 hours

"What would you tell your health care provider if she says you need to have your baby early for one of these reasons?"

- You have pregnancy complications, like high blood pressure, heart disease, bleeding or gestational diabetes.
- Your baby is in danger of not getting enough food or oxygen.
- Your water breaks but labor doesn't start within 24 to 48 hours.



STEP 41

-CLICK: Sometimes the right answer is not yes or no.



Sometimes the right answer is not yes or no.



STEP 42

-CLICK: Sometimes the right answer is why?



Sometimes the right answer is not yes or no.

Sometimes the right answer is why?



STEP 43

-CLICK: You and your health care provider together can weigh the risks and make a decision.

"Talk to your provider about how the risk of giving birth early compares to the risk of the health condition he's concerned about. Then decide what to do."



Sometimes the right answer is not yes or no.

Sometimes the right answer is why?

You and your health care provider together can weigh the risks and make a decision.



STEP 44

-CLICK: What are some questions you can ask your health care provider?

"What do you think are some important questions you may want to ask your provider? The right questions depend on your individual situation."

What are some questions you can ask your health care provider?



STEP 45

- CLICK: If your provider recommends that you have your baby before 39 weeks, ask:
 - Is there a problem with my health or the health of my baby that may make me need to have my baby early?
 - Can I wait until I'm closer to 39 weeks to have my baby?

"Ask your provider if the problem is with your own health or if it's something that's happening with your baby. Then ask what's likely to happen if you choose to wait."

If your provider recommends that you have your baby before 39 weeks, ask:

- Is there a problem with my health or the health of my baby that may make me need to have my baby early?
- Can I wait until I'm closer to 39 weeks to have my baby?



STEP 46

- CLICK: If your provider recommends inducing labor, ask:
 - Why do you need to induce my labor?
 - How will you induce my labor?
 - Does inducing labor increase my chances for needing a c-section?

"Inducing labor is when your provider gives you medicine or breaks your water (amniotic sac) to make your labor begin. A c-section (cesarean section) is surgery in which your baby is born through a cut that your doctor makes in your belly and uterus."

If your provider recommends inducing labor, ask:

- Why do you need to induce my labor?
- How will you induce my labor?
- Does inducing labor increase my chances for needing a c-section?



STEP 47

-CLICK: Did you know? Inducing labor increases the chance that you will need to have a c-section.

"Inducing labor may not work, and you may need to have a c-section. The medicine you get may not start your labor. When this happens, you may need to have a c-section. Inducing labor doubles your chances for needing a c-section."

Did you know?

Inducing labor increases the chance that you will need to have a c-section.

STEP 48

-CLICK: --You need more time to heal after a c-section than after a vaginal birth.
--Women who have a c-section are less likely to breastfeed.
--Babies born by c-section may have more medical problems than babies born by vaginal birth.
--Once you have a c-section, you may be more likely in future pregnancies to have a c-section.

"Because having a c-section is major surgery, it increases the risk of health complications for you and your baby."

- You need more time to heal after a c-section than after a vaginal birth.
- Women who have a c-section are less likely to breastfeed.
- Babies born by c-section may have more medical problems than babies born by vaginal birth.
- Once you have a c-section, you may be more likely in future pregnancies to have a c-section.

STEP 49

- CLICK:** If your provider recommends that you have a c-section, ask:
 - Why do I need to have a c-section?
 - What problems can a c-section cause for me and my baby?
 - Can I have a vaginal birth in future pregnancies?

If your provider recommends that you have a c-section, ask:

- Why do I need to have a c-section?
- What problems can a c-section cause for me and my baby?
- Can I have a vaginal birth in future pregnancies?



STEP 50

-**CLICK:** Asking questions like these, along with any other questions you have, can help you make the right decision for you and your baby.

"What other questions could you ask your provider at a prenatal visit? It may be helpful to write your questions down so you don't forget them."

Asking questions like these, along with any other questions you have, can help you make the right decision for you and your baby.



STEP 51

-CLICK: Now you know why getting to at least 39 weeks of pregnancy is so important for your baby. If your pregnancy is healthy and you're planning to schedule your baby's birth for non-medical reasons, are you ready to wait until at least 39 weeks?

"If your pregnancy is healthy, it's best to wait for labor to begin on its own. If you're planning to schedule your baby's birth for non-medical reasons, talk to your provider about waiting until at least 39 weeks."

Now you know why getting to at least 39 weeks of pregnancy is so important for your baby. If your pregnancy is healthy and you're planning to schedule your baby's birth for non-medical reasons, are you ready to wait until at least 39 weeks?

STEP 52

-CLICK

"Do you feel better prepared to make positive decisions for you and your baby? What part of the presentation made an impact on you?"

Encourage discussion with audience to complete the presentation.

eks ?

STEP 53

-*CLICK:* The March of Dimes is here for you! For more information on having a healthy pregnancy and a healthy baby:

- Visit: marchofdimes.com/pregnancy or marchofdimes.com/39weeks
- Send an email to: askus@marchofdimes.com
- Follow us at: twitter.com/modhealthtalk
- Read our blog at: newsmomsneed.marchofdimes.com
- Download the free My 9 months and CineMama apps
- Join us on: pinterest.com/marchofdimes



The March of Dimes is here for you! For more information on having a healthy pregnancy and a healthy baby:

- Visit: marchofdimes.com/pregnancy or marchofdimes.com/39weeks
- Send an email to: askus@marchofdimes.com
- Follow us at: twitter.com/modhealthtalk
- Read our blog at: newsmomsneed.marchofdimes.com
- Download the free My 9 months and CineMama apps
- Join us on: pinterest.com/marchofdimes

STEP 55

-*CLICK and say:*

"Does anyone have any questions? We want to make sure you leave here today with answers."



STEP 56

-CLICK to display medical disclaimer.

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