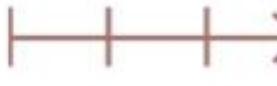


# Healthy Choices, Healthy Futures: A Perinatal Health Toolkit

Healthy Choices  
*Healthy Futures* 

[Toolkit Resources](#) [Services & Programs](#) [About](#) [Contact](#)



<https://www.healthychoiceshealthyfutures.org/>

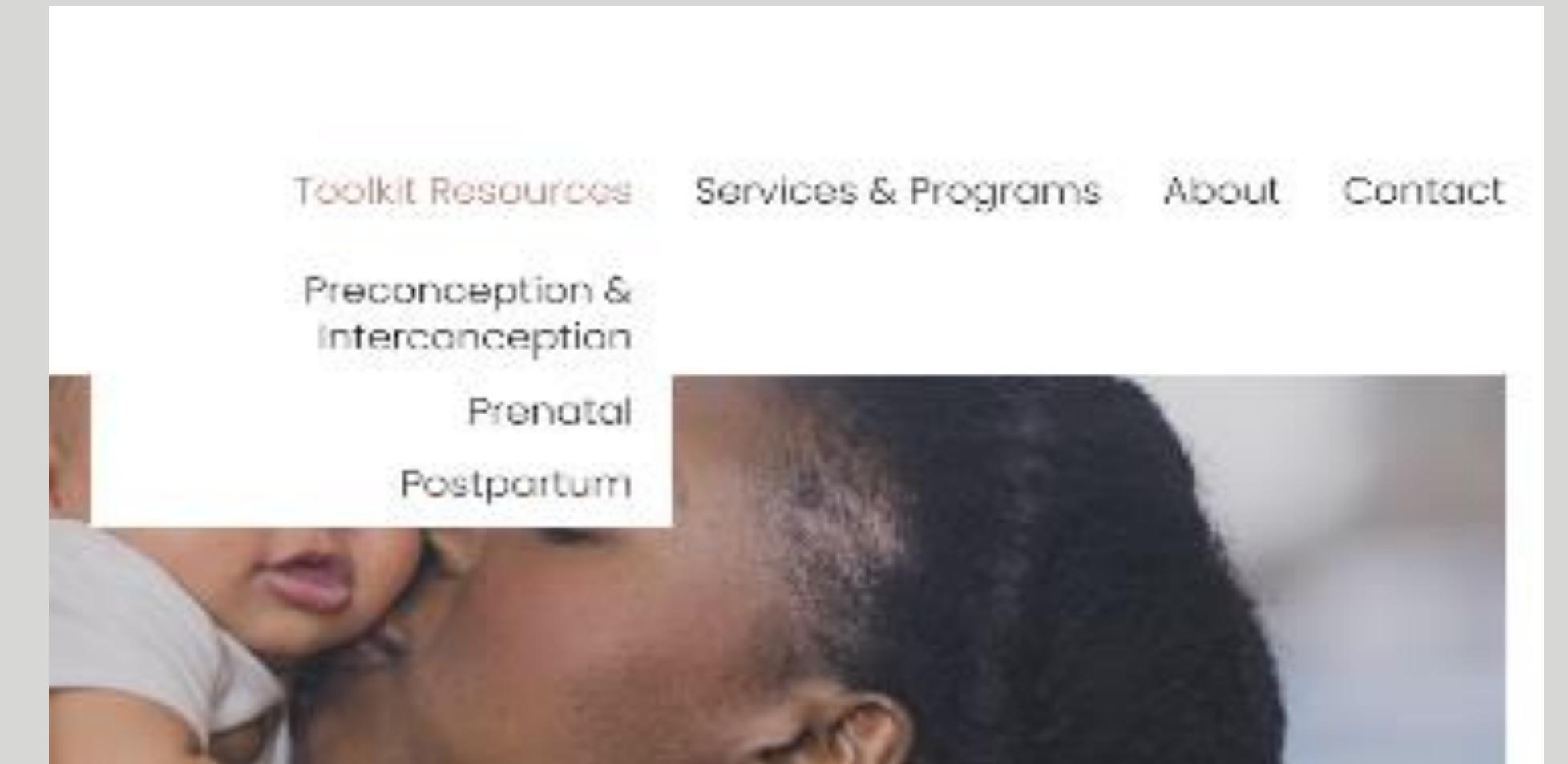
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# About the Toolkit

- Part of ongoing efforts to address the maternal mortality crisis. Racial disparities in maternal health are putting our families at risk and harming communities of color
- Includes reliable, evidence-based tools and resources to support individuals during their reproductive years
- Supports health and social service providers with ensuring that all people in Illinois, regardless of where they are in their reproductive journey, are able to make informed health decisions before, during, and after pregnancy

# Toolkit Content

- Information and materials are outlined by perinatal stage:
  - Preconception & Interconception
  - Prenatal
  - Postpartum



- Includes a list of services and programs offered in Illinois to support the health of individuals (e.g., support finding child care, health insurance, etc.)



## Preconception & Interconception.

### Expanding Your Family.

[Birth Spacing Fact Sheet](#)

[Getting Pregnant Again](#)

[Pregnancy After a Miscarriage](#)

[Pregnancy After Miscarriage: What You Need to Know](#)

[Pregnancy Spacing: Get the Facts](#)

[Pregnancy Spacing: How Long Should You Wait](#)

[Thinking About Pregnancy After Premature Birth](#)

### Family Planning & Contraception.

[Birth Control](#)

[Contraception](#)

[Ovulation Calendar](#)

### Fertility.

[Female Infertility](#)

[Fertility Treatment](#)

[Pregnancy After 35: Advanced](#)

[Maternal Age](#)

[African American Women and Infertility](#)

[Getting Help to Pay for Fertility Treatment](#)



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## Prenatal.

### Alcohol, Smoking, & Substance Use While Pregnant.

[Alcohol During Pregnancy](#)

[Fetal Alcohol Spectrum Disorders](#)

[Smoking During Pregnancy](#)

[Street Drugs & Pregnancy](#)

[Tobacco, Alcohol and Drug Use During Pregnancy](#)

### Monitoring Babies Growth & Movement.

[Changes in Your Body During Pregnancy: Second Trimester](#)

[Changes To Your Body During Pregnancy: 3rd Trimester](#)

[Count the Kicks](#)

[Fetal Movement](#)

[Pregnancy Week by Week](#)

[Pregnancy with Multiples](#)

[Your Baby's Development: The First Trimester](#)

### Nutrition & Health Management While Pregnant.

[Being Overweight During Pregnancy](#)

[Caffeine in Pregnancy](#)

[Exercise During Pregnancy](#)

[OTC Medicines and Pregnancy](#)

[Prescription Medicine During Pregnancy](#)

[Taking Care of You and Your Baby While Pregnant](#)

[Tips for Good Oral Health During Pregnancy](#)



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## Postpartum.

### Breastfeeding Your Baby.

[Breastfeeding](#)

[Breastfeeding Guidelines & Recommendations](#)

[Breastfeeding Hints to Help You Get Off To a Good Start](#)

[Breastfeeding is Best](#)

[Breastfeeding Your Baby](#)

### Caring For You & Baby.

[Baby Vaccinations](#)

[Babysitters and Child Care](#)

[Caring For Your Baby](#)

[Developmental Monitoring and Screening](#)

[Kangaroo Care](#)

[Newborn Care](#)

[Type 1 Diabetes in Children](#)

### Caring For Your Baby in the NICU.

[Common Conditions Treated in the NICU](#)

[Continuing Medical Care After NICU](#)

[Coping with Stress in the NICU](#)

[Feeding Baby After NICU](#)

[Getting Ready to Go Home From the NICU](#)

[Home After NICU](#)



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# Using the Toolkit

- The toolkit was designed to be used by health and social service providers. Some examples for using the toolkit include:
  - Using the toolkit to learn about a new topic, or have a refresher on a topic, and then sharing that information during a meeting with a patient/client
  - Printing out a specific page or resource and giving it to a patient/client
  - Emailing or electronically sharing the toolkit with a patient/client
  - Identifying services/programs in Illinois to support individuals (e.g., child care, health insurance, etc.)

# Contact Information

- Have questions, feedback, or content suggestions for the toolkit? Email [info@everthriveil.org](mailto:info@everthriveil.org)



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[www.everthriveil.org](http://www.everthriveil.org)

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