

GOOD HEALTH IS FAMILY.



It's in our nature to nurture. By practicing healthy habits during your pregnancy, you can give your little one a lasting inheritance.

HEALTHY PREGNANCY

Whether you're thinking about having a baby, trying to get pregnant, or already in your second trimester, there are steps you can take to help your child have a healthier future.

Learn more about preparing your body for pregnancy, getting the nutrition you and your baby need, and exercising safely while you're pregnant. As you find ways to make healthy changes to your lifestyle now and stick with them, you're setting a positive example for your new family.

Make the most of this exciting time by understanding what to expect during pregnancy and childbirth, and learning how to care for your new baby. Go to kp.org/pregnancy for resources and pregnancy-related topics, including information in Spanish.

[Click to visit kp.org/pregnancy](https://kp.org/pregnancy)

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