

# National Birth Defects Prevention Month



Did You Know:  
Most birth defects occur within the first 3 months of pregnancy



Children are born with a birth defect in the U.S. every year



 See your doctor regularly

 Take vitamins before and during your pregnancy

 Eat healthy foods, drink water, and exercise regularly

 Strive for a healthy weight and control diabetes, if applicable

 Don't smoke tobacco

 Avoid exposure to substances and chemicals

 Don't drink alcohol and limit caffeine

 Avoid harmful medications and illegal drug use



**#1 TIP**  
Give your body at least 18 months between pregnancies

**Common Birth Defects:**  
Cleft Lip  
Heart Conditions  
Spina Bifida  
Anencephaly

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