

MakeYourDate™ HEALTHY BABY PLAN

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CONTACT

MakeYourDate™

Call **Make Your Date™** Detroit at **313-577-1000** or sign up at: **www.makeyourdate.org** to find a doctor, get help with insurance, and set up your first appointment. **Make Your Date™** staff will keep in constant contact with you to help you with your **Make Your Date™ Healthy Baby Plan** and be sure you get the care and resources you need.

2

RALLY YOUR SUPPORT

SisterFriends
DETROIT

Find a support person or network of supporters. **SisterFriends Detroit** supports pregnant moms and their families until their baby's first birthday and helps with finding and using city resources. To get a **SisterFriend**, call **313-961-BABY (313-961-2229)** or **sisterfriendsdetroit.com**.

3

GET MEASURED



Talk to your doctor or midwife about having your **cervical length measured between 19-24 weeks of pregnancy**. This simple exam may increase your chances of a full-term delivery by almost 50%!

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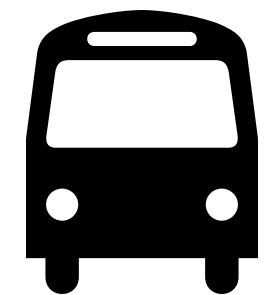
LISTEN & LEARN



Education is important for a healthy, happy, full-term pregnancy! Attend at least 4 **Make Your Date™** classes or group prenatal care sessions.

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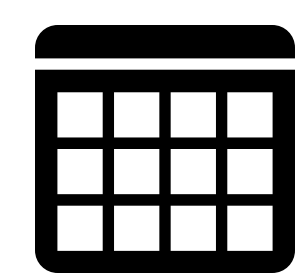
GET THERE



Getting to your health care appointments is key to 'Making Your Due Date!' Call **Make Your Date™** at **313-577-1000** for bus passes and parking passes. Call **SisterFriends Detroit** to get a ride with **Lyft** at **313-961-BABY (313-961-2229)**.

6

PLAN AHEAD



Start thinking about your options for family planning. Speak with your doctor or midwife about birth control choices and attend the **Make Your Date™ Building a Healthy Future class**.

7

TAKE CARE OF YOU



Taking care of yourself postpartum is just as important as taking care of your baby! **Follow up with your doctor or midwife for your six week postpartum check-up and as needed**. Your **SisterFriend** will be there to guide you from pregnancy to motherhood.

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HEALTHY BABY



Make sure you have a pediatrician for your baby! Attend all well-baby visits. For more information on what to expect once baby arrives, take **Make Your Date™** classes on **Breastfeeding** and **Newborn Care**. Keep in touch with your **SisterFriend** and **Baby Bunch** to celebrate your healthy babies together!