MakeYourDate™ HEALTHY BABY PLAN

1. 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%!

4. 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.

5. 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.

8. 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!