



Did you just
have a baby?

WHEN IS IT BEST TO HAVE ANOTHER BABY?

Talk to your nurse or doctor about how you can have a healthy pregnancy and baby, now and in the future.

After your baby is born, ask your doctor or nurse any questions you may have and talk to them about –

- ▶ Birth control options
- ▶ Resuming sexual intercourse
- ▶ Returning to a healthy weight
- ▶ Breastfeeding
- ▶ Nutrition issues
- ▶ When you should have another baby

It is best to wait 18 to 24 months before becoming pregnant. Getting pregnant sooner may increase the risk of a premature delivery. It may also increase the risk of having a baby with low birth weight.

More time between pregnancies allows your body to refill its stores of vitamins and minerals. Vitamins and minerals help you have a healthy pregnancy. They also help your baby grow and develop.

Between pregnancies, take off the weight you put on during your last pregnancy. Waiting 18 to 24 months gives you time to take that weight off. Being at a healthy weight before you get pregnant again is healthier for you and your baby.

Women who had complications during a pregnancy are at an increased risk for a difficult pregnancy again. If you had a tough pregnancy, talk to your nurse or doctor about getting pregnant again. They can help you plan and prepare for a healthy pregnancy and baby.

ARE YOU READY TO GET PREGNANT AGAIN?

Use the checklist below to find out. Check the items that apply to you.

- I've talked with my partner about having another baby
- I'm mentally and physically ready to have another baby
- I've started saving money for the baby
- I'm taking a multivitamin with 400 mcg of folic acid in it every day
- I've had a medical checkup before trying to get pregnant
- I've stopped smoking, drinking alcohol and doing drugs
- I've talked to my provider about medications I'm taking
- I'm at a healthy weight

If you have checked all items, you are ready. Check them all before you try to get pregnant again.

DID YOU JUST HAVE A BABY?

CONTACT US

Quartz has a number of health and wellness programs. For more information –

- ▶ Go to QuartzBenefits.com
- ▶ Call Quartz Customer Service at (800) 362-3310

RESOURCES

- ▶ **Centers for Disease Control and Prevention (CDC)**
www.cdc.gov/preconception/planning.html
- ▶ **March of Dimes**
5315 Wall Street, Suite 110
Madison, WI 53718
(608) 243-7764
www.marchofdimes.com
- ▶ **Women, Infants, and Children Program (WIC)**
(800) 722-2295
www.dhs.wisconsin.gov/wic
- ▶ **Wisconsin Association for Perinatal Care**
www.perinatalweb.org
- ▶ **Womenshealth.gov**
www.womenshealth.gov/pregnancy/childbirth-beyond/get-pregnant-again.html

The Quartz logo features the word "Quartz" in a bold, red, sans-serif font. The letter "Q" is stylized with a thick, rounded top and a tail that curves under the letter.

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