

The Whole Family Unit

Significant others play a role in a healthy pregnancy. Some helpful tips include:

1. Try to maintain a healthy weight.
2. Avoid infections.
3. Boost your health by avoiding harmful substances.
4. Avoid harmful workplace exposures.
5. Maintain good mental well-being and be supportive of your partner during pregnancy.



Partner support throughout pregnancy and parenthood:

- ❖ Talk to your healthcare provider about your role in care and development of your future child.
- ❖ Take an interest in your partner's health during pregnancy. Infants have fewer complications at birth when fathers are involved with their partners during pregnancy.
- ❖ Talk to your healthcare provider about resources to plan for mental well-being during parenthood. Some women experience depression during pregnancy or immediately after birth, and this can impact their partner.

Support for families living with birth defects

Having a child with a birth defect can affect the entire family. It might be helpful to talk with families or other people who are affected by the same type of birth defect as you or your family member. Other people might have learned how to address some concerns and questions you have. Often, they can give you advice about good resources and share what worked best for them. Talking with other people may also provide emotional support and hope for the future. Remember that the choices of one family might not be best for another family, so it is important to understand all options and discuss them with a health care provider (Center for Disease Control and Prevention, 2020).

Resource:

Center for Disease Control and Prevention. (2020). Finding support for families living with birth defects. Retrieved from <https://www.cdc.gov/ncbddd/birthdefects/families-support.html>

