



Wait One Year

If you just had a preterm birth, the risk of having another one is higher.

These five steps can help reduce the risk

- Use a reliable birth control method.
- Take folic acid every day.
- Treat and prevent gum disease.
- Find healthy ways to reduce stress in your life.
- Stop smoking.

Why it's important for you and your baby

Waiting one year before getting pregnant again:

- Reduces the risk of another preterm birth.
- Allows your body to fully recover from pregnancy and birth.

A full-term pregnancy (at least 39 weeks) is best for the complete growth of a baby's brain, lungs, vital organs, eyes, and ears.

Having a preterm birth can be more stressful

- Learn about ways to care for yourself and about postpartum depression.
- Plan for a future pregnancy.
- Meet with an obstetric health care provider within six weeks of your last pregnancy, and before you get pregnant again.

If you get pregnant again, talk to your provider about taking a progesterone medication to help prevent another preterm baby.

Get more information:

www.doh.wa.gov/waitoneyear