

Amor y Salud ~ Episode #1

(Music)

Narrator: And now, the first episode of... *Amor y Salud*... where Lourdes brings home big news!

(Sound of house door opening)

Lourdes: (excited) Mom, dad, I'm home!

Chela/Joaquin: Aquí mija, ¿cómo te fue? / ¿Qué tal?

Lourdes: It was the most special night of my life. Mom, dad ~ Javier proposed!

Joaquin: That's wonderful!

Lourdes: I'm so excited, I need to eat something!

(Sound of a bag of potato chips opening)

Chela: Lourdes! Wait a minute, think about what you're eating.

Lourdes: What, mom? I just want some potato chips.

Chela: Lourdes, now that you are getting married, you have to think about eating food that is good for you especially if you want to have children.

Lourdes: Mom, I think you're rushing things a little!

Chela: No, it's never too soon to be healthy if you're thinking about having children.

Joaquín: Why don't you have some of the rice and beans your mom made? They're great, just like my mother's.

(Music)

Narrator: What secrets will Lourdes learn in the next episode?

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Amor y Salud ~ Episode #2

(Music)

Narrator: And now, the second episode of... *Amor y Salud*... where Lourdes learns that the old and the new are both important.

Isabel: Lourdes, that red shirt looks so good on you! Papi, don't you think?

Joaquin: Yeah, that's a good color for you, Lourdes.

Lourdes: Thanks!

Isabel: Maybe your bridesmaids should wear in red! Oh, when you get pregnant, you have to wear red if there's an eclipse.

Joaquin: Oh yeah, I remember my tía telling that to your mother. But I was just reading in the newspaper here, it says (reading) it is important for women to take a multivitamin with 400 micrograms of folic acid every day, especially women who want to get pregnant.

Isabel: Oh, yeah, my doctor told me that too.

Lourdes: Will you please excuse me papi ... I have to go.

Isabel: Lourdes, wait! (she follows her)

Lourdes: (whispering) I don't really want to talk about this with papi!

Isabel: Why not?

Lourdes: It's embarrassing.

Isabel: Papi knows more than you. You shouldn't miss the chance to learn from him, Lourdes.

(Music)

Narrator: Should Lourdes talk with her father about her personal things?

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Amor y Salud ~ Episode #3

(Music)

Narrator: And now, the third episode of... *Amor y Salud*... where Lourdes and Javier learn something about having babies.

Lourdes: Oh Javier, this is so romantic, getting our marriage license...

(Sound of papers in a large manila envelope)

Javier: Yeah but look at all the papers they give you to read...

Lourdes: Where's the one that says we have to get married in 30 days or else?

Javier: Right here. What's this? Recommendations for Couples Thinking of Having Children...

Lourdes: That's us!

Javier: ...it is recommended that women take a multivitamin with 400 micrograms of folic acid daily, especially women thinking of getting pregnant.

Lourdes: Yeah, but that's after you get pregnant.

Javier: No, it says you should take it before you get pregnant, because it's important for the folic acid to be in your system during the first 28 days of pregnancy.

Lourdes: A lot of times women don't even know they're pregnant until they're a month late...!

Javier: Mi amore, I think we have to get you some vitamins.

(Music)

Narrator: What else will Lourdes and Javier learn about marriage and children?

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Amor y Salud ~ Episode #4

(Music)

Narrator: And now the fourth episode of... *Amor y Salud*... where Lourdes learns serious news about her best friend, Mercedes.

Mercedes: Lourdes, you are going to have the best bridal shower ever! Chips, dips and beer!

Lourdes: I don't know Mercedes, my mom and my sister keep telling me I have to think about my health and the health of my future baby. I'm not even married yet!

Mercedes: Oh I know! Now my husband wants me to stop drinking because he heard that women shouldn't drink if they are trying to get pregnant.

Lourdes: I heard that too.

Mercedes: I don't think a little beer is going to do any harm.

Lourdes: They say that drinking when you're pregnant, even if it's so early you don't know you are pregnant, can cause your baby to have physical and mental birth defects called fetal alcohol syndrome, or even heart defects.

Mercedes: Really?

Lourdes: Yeah, and once you are pregnant, drinking alcohol increases your chance of miscarriage.

Mercedes: I don't know, I don't want people telling me what to do! It's my body!

(Music)

Narrator: How can Lourdes help her friend stay away from alcohol?

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Amor y Salud ~ Episode #5

(Music)

Narrator: And now, the fifth episode of *Amor y Salud*... where Lourdes receives an amazing gift at her bridal shower.

Women: ¡Aiiii!

Lourdes: And this present is from, let me open the card.... From my big sister Isabel.

Women: Awwww.

(Sound of opening a package)

Lourdes: It's... wrapped in tissue paper... it's...it's... what is this? A bottle of vitamins!?

Women: Wow!

Isabel: Yeah, it's got 400 micrograms of folic acid in every pill, exactly what women should take daily, especially women who are thinking of getting pregnant.

Lourdes: This is really extravagant, Isabel.

Isabel: What?

Lourdes: Everyone knows multivitamins are super expensive.

Isabel: They're not that expensive. Besides, what is more valuable than the health of your future children?

(Music)

Narrator: Where can Lourdes find the right vitamins at an affordable price?

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Amor y Salud ~ Episode #6

(Music)

Narrator: And now, the sixth episode of *Amor y Salud*... where Lourdes learns wonderful news over lunch with her friend Mercedes.

Mercedes: Lourdes, I love carnitas tacos! I'm going to have two more, and French fries! I am so hungry these days!

Lourdes: Have you seen the doctor, Mercedes? Maybe it has something to do with your diabetes.

Mercedes: Lourdes, my diabetes isn't that serious. Can I tell you a secret?

Lourdes: ¡Ay sí!

Mercedes: Lourdes, I'm so excited, I think I'm pregnant!

Lourdes: Oh Mercedes, I'm so happy for you! What did the doctor say, is everything okay with your diabetes?

Mercedes: Oh, I haven't seen the doctor.

Lourdes: Don't you think you should? Your doctor can help you make a plan to keep your meals, exercise and insulin in balance. If you don't, your baby is at a greater risk of birth defects.

Mercedes: I'm not worried, I'll go later on when I start showing. Right now I'm just hungry!

(Music)

Narrator: How can Lourdes convince her friend to get a check up?

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Amor y Salud ~ Episode #7

Narrator: And now, the seventh episode of ... *Amor y Salud*... where Lourdes and her fiancé Javier get some exercise!

(Sounds of a public park)

Lourdes: Wait, I have to stop, I'm out of breath!

Javier: You're just stopping because I'm winning!

Lourdes: No, I'm not kidding Javier, it's been years since I played soccer. Good thing I don't smoke!

Javier: Oh, yeah, that can really slow you down.

Lourdes: I forgot how much fun this game is! I've been so stressed about all the wedding plans and I feel really good!

Javier: When we have kids, we should go to the park every weekend.

Lourdes: Javier! I'm never going to be able to keep up with the kids!

Javier: Yes you will! We just need to play more often to stay in shape.

Lourdes: That's a good idea! Also, my sister told me it's important to be in good shape for pregnancy. It's good for the health of the baby.

Javier: So is not smoking.

Lourdes: Okay, let's play Javier, I'm feeling good!

Javier: Oh, you're asking for it now, Lourdes!

(Music)

Narrator: Why is exercise so important for a young couple starting a family?

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Amor y Salud ~ Episode #8

Narrator: And now, the eighth episode of *Amor y Salud*... where Lourdes has a crisis on her wedding day.

(Sound of wedding march song)

Lourdes: Isabel, I can't breathe! Did you see who's in the church? Javier's ex-girlfriend, what is she doing here?

Isabel: Lourdes, calm down. She wouldn't have come to the church with bad intentions.

Lourdes: I'm going to faint!

Isabel: Lourdes, You have to breathe. Close your eyes, think about.... México, imagine you're on the beach...like that ...

Lourdes: (audible breath) ...the beach...

Isabel: The ocean is still, calm...Do you feel better?

Lourdes: Sí, gracias. That was really helpful.

Isabel: It's very important to control your stress, to create a good environment for your family, even before you have children.

(Music)

Narrator: What else can Lourdes do to alleviate her stress?

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Amor y Salud ~ Episode #9

Narrator: And now, the ninth episode of... *Amor y Salud*... where Lourdes and Javier begin to plan their family.

(Sound of a nice restaurant interior.)

Lourdes: Oh Javier, this is the sweetest honeymoon! I think we're going to be happy forever and even more when we have children! How about three boys and three girls?

Javier: ¿Que?!

Lourdes: I can just see us all traveling to Mexico so they can meet their great-grandparents...

Javier: Six kids. That's going to be expensive!

Lourdes: There has to be a way we can do it, Javier.

Javier: You know we just have to plan a little. Maybe we don't go out to eat as much, that's healthier for us anyway. We can make a budget, plan how much we can save for the trip to Mexico.

Lourdes: Really?

Javier: Of course, that's how our parents did it, saving together.

Lourdes: Oh Javier, I love you!

Javier: Now let's talk about the those six kids...

(Music)

Narrator: How can the couple prepare themselves financially to start a family?

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Amor y Salud ~ Episode #10

Narrator: And now, the tenth episode of... *Amor y Salud*... where Lourdes worries about making dinner for her husband.

(Sound of a telephone ring)

Chela: ¿Bueno?

Lourdes: Mama, I decided to make Javier a special dinner this weekend, you know, a traditional meal, but now I'm worried.

Chela: Why?

Lourdes: Well, everybody keeps telling me I should eat more healthy foods, but so many of our traditional foods are fried or made with lard... maybe I should just order Chinese food?

Chela: Mi amor the food you make at home will be fresher because you'll select the meat, the vegetables, and fruits. You can just replace lard with vegetable shortening, and bake instead of fry...

Lourdes: Do you think he will like it?

Chela: Of course, he'll love that you're making traditional foods in a healthy way. Plus it's good for your budget to eat at home.

Lourdes: Oh mom, you're the best, thank you!

(Music)

Narrator: What other traditional foods are healthy?

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Amor y Salud ~ Episode #11

Narrator: And now, the eleventh episode of ... *Amor y Salud*... where Lourdes learns the tragic news about her best friend Mercedes.

(Sound of a doorbell ringing and the front door opening)

Lourdes: Mercedes, are you home? I came over as soon as I heard the news!

Mercedes: (crying) Lourdes! I had a miscarriage!

Lourdes: Oh Mercedes, what happened?

Mercedes: You remember, the doctor told me I was borderline diabetic, and when I got pregnant I needed to get my blood sugar checked again and probably change my diet...to eat traditional foods like rice and beans.

Lourdes: Did he also recommend you exercise too? It can help you stay healthy during pregnancy.

Mercedes: Yes, but I didn't do any of it! Lourdes, please promise me that you'll see a doctor soon. I know you just got married, but you have to protect yourself and your future baby. I don't want you to suffer this kind of pain.

(Music)

Narrator: Should Lourdes go see a doctor, even if she's not pregnant yet?

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Amor y Salud ~ Episode #12

Narrator: And now, the twelfth episode of ... *Amor y Salud*... ..

(Sound of house door opening)

Lourdes: Mom, Dad are you home?

Chela/Joaquin: ¡Lourdes, en la cocina / Hola mijita!

Lourdes: I have very exciting news!

Chela: You're pregnant!

Lourdes: ... maybe...

Chela: Oh! Joaquin, Lourdes and Javier are going to have a baby!

Joaquin: I heard! Lourdes, are you taking those vitamins? The ones I told you about, with the folic acid, it's very important...

Lourdes: Yes dad... for the health of the baby...

Chela: And you've been eating good, right?

Joaquin: And exercising, yes?

Chela: And you have to see the doctor...

Lourdes: Mom, dad!

Chela/Joaquin: What?

Lourdes: I am taking care of myself, and I appreciate all of your advice to help me have a healthy baby.

(Music)

Narrator: What are the things that Lourdes is doing to make sure her baby is healthy?

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