**A person and person holding a baby

Description automatically generated with medium confidence**

**Practical Support**

You can support your pregnant family member by:

* Writing down questions that can be explored during appointments.
* Attending appointments with your loved one.
* Encouraging and participating in healthy habits.
* Learning about newborn care, breastfeeding, and contraception.

**3**

**Things to Know about Supporting Your Pregnant Family Member**

**3**

**2**

**1**

**Emotional Support**

You can support your pregnant family member by:

* Encouraging and practicing self-care.
* Identifying others who can be available to help you and your pregnant family member.
* Be in tune and empathetic.
* Be aware of the signs of postpartum depression.and anxiety.

**Importance of Support**

* Ongoing support from fathers or other primary support individuals is essential to healthy pregnancies, mothers, and babies.
* There are many ways you can support your pregnant family member but being present is key.

This information is made available in part by support from the Maternal Health Network (MHN) of San Bernardino County in partnership with **[insert partner name]**. Published in 2021.

To learn more about the MHN, please visit our website at [www.maternalhealthnetworksb.com](http://www.maternalhealthnetworksb.com).

**INSERT PARTNER LOGO**

**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.