

The Mother-Baby Relationship:

How Experiences Shape Our Genes & Our Health

Key Takeaways

- The relationship between mother and baby begins at conception.
- Our genes contain the code that makes up our body; but it is our experiences that determine how those genes work.
- What happens to the mother, happens to the baby within the uterine environment.
- Experiences within the uterus shape how the fetus develops, which in turn will influence later health, mental health, and behavior over the life span.



Tips for Making A Healthy Baby

- **Even before conception:**
 - Improve diet quality
 - Become more active
 - Get medical care and vaccinate against infections
 - Eliminate tobacco and unnecessary drugs, limit alcohol
 - Manage weight
- **During pregnancy:**
 - Get regular prenatal care
 - Maintain a high quality diet
 - Be active every day
 - Gain the appropriate amount of weight
 - Control stress, get sleep
 - Recognize depression and enlist support

Visit good4growth.com to find more helpful tips on giving your kids the best start to their life.

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