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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