

Oklahoma.gov/health/110

Learn what you can do to ensure Oklahoma's babies are safe and healthy.

# Preparing for a Lifetime It's Everyone's Responsibility



## Health Tips

- Quit smoking/vaping.
- Take a daily multivitamin with 400 mcg of folic acid.
- Avoid drinking any alcohol if you are pregnant.
- Begin prenatal care within the first 12 weeks of pregnancy.
- Get tested and treated, if needed, for sexually transmitted infections.
- Carry your baby to full term (about 39 weeks).
- Ensure your baby receives all required screenings.
- Breastfeed your baby.
- Talk to your doctor about perinatal mental health.
- Place baby alone in crib and on his/her back to sleep.
- Avoid exposing baby to secondhand smoke.
- Ensure your child car seat is correctly installed.
- Remember, crying is normal for babies.

## Helpful Resources

Heartline Oklahoma/211  
(community resource helpline)  
Call 211  
Text your zip code to 898-211  
Online chat also available  
HeartlineOklahoma.org

Oklahoma Breastfeeding Hotline  
1-877-271-MILK (6455)  
Text OK2BF to 61222

March of Dimes, Oklahoma  
405-943-1025  
MarchofDimes.org

Oklahoma Domestic Violence Hotline  
1-800-522-SAFE (7233)  
OCADVSA.org

Child Abuse Hotline  
1-800-522-3511  
Oklahoma.gov/health/CAP

Oklahoma Tobacco Helpline  
1-800-QUIT-NOW (784-8669)

Text4Baby  
(Sign up for a free pregnancy  
and parenthood texting service;  
Mobile app also available)  
Text4Baby.org

Maternal Mental Health Hotline  
1-833-9-HELP4MOMS  
Call or text for free 24/7 support

988 Mental Health Line  
Call or text 988  
24/7/365 operating hours  
988Oklahoma.com

Oklahoma Poison Helpline  
1-800-222-1222  
OklahomaPoison.org

SoonerCare/SoonerPlan  
(Oklahoma Medicaid)  
1-800-522-3511  
Oklahoma.gov/OHCA

Oklahoma City-County  
Health Department  
405-427-8651  
OCCHD.org

Tulsa Health Department  
918-582-WELL (9355)  
Tulsa-Health.org

Locate your local county  
health department  
Oklahoma.gov/health/CHD

