



FIRST TRIMESTER

FIRST FIVE

Steps of Pregnancy

The first trimester of pregnancy is an ideal time to begin accessing the support and resources available to you. Even before your first prenatal appointment at 12 weeks, there are valuable steps you can take to ensure a healthy pregnancy journey.

Why Wait? Start connecting to support and resources during your first trimester!
 Call **1-800-222-2222** to learn more.

1



Confirm your pregnancy with a pregnancy test

2



Schedule your first prenatal appointment

3



Begin prenatal vitamins

4



Enroll in WIC and Medicaid (if eligible)

5



Get connected to resources now

Detroit Health Department:
 Call 961-BABY (2229)
 United Way:
 Call 211

SPACE FOR CO-BRANDED LOGO/CONTENT

Hope starts **HERE**
 DETROIT'S EARLY CHILDHOOD PARTNERSHIP

