

November is Prematurity Awareness Month

*Newborn Prematurity is rising—
especially among African American babies!*

*Prematurity (babies born three or more weeks early)
is the leading cause of newborn deaths in the first month of life.
Many babies born too early have major, lifelong health problems.*



*Not all premature births are preventable, but you can help
reduce the chance that your baby is born too soon:*

- 1. Go to prenatal care as soon as you know you are pregnant.
Go to every appointment until your baby is born.*
- 2. Do **not** use tobacco or alcohol during pregnancy.*
- 3. Check yourself daily for the signs of preterm (early) labor:*
 - Contractions every 10 minutes or more often*
 - Clear, pink, or brownish fluid (water) leaking from your vagina*
 - A feeling that your baby is pushing down*
 - Cramps that feel like your period*
 - Cramps with or without diarrhea*
- 4. Call your doctor immediately if you have signs of preterm labor.
Follow your doctor's instructions completely.*



*Circle of Wise Women:
African American Women working to
improve the health and survival of our babies!*