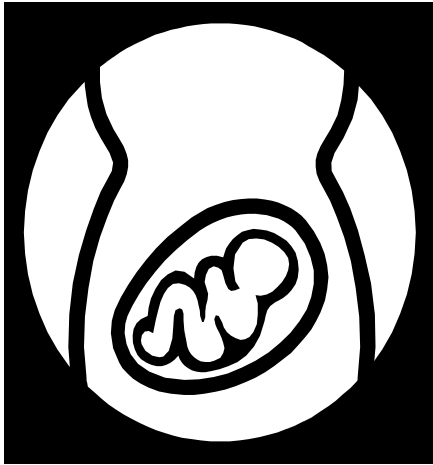


Bebés Sanos ~ Healthy Babies

WHAT IS THIS?



“pre” = before
“natal” = birth
What do you think
“prenatal” means?

It's important for pregnant women to:

- Eat well balanced meals
- Drink clean water
- Exercise
- Rest
- Take prenatal vitamins

If a pregnant woman doesn't eat enough good food, her baby may:



- have low birth weight
- get sick easily
- have a brain that doesn't work well
- have a hard time growing

Draw what a baby needs:



How can we help?

Giving prenatal vitamins is one way to help make a healthy baby!

Can you find where you live?



Can you find El Salvador?

El Salvador is a country in Central America. Many women there are so poor that they cannot buy prenatal vitamins. Sometimes it's even hard for them to eat well balanced meals and drink clean water.

Draw a healthy baby: