

Eat healthily and know the foods to avoid





Limit caffeine consumption and quit alcohol

Keep yourself hydrated throughout the day





Indulge in safe and light physical activity and keep a check on your weight

Book a prenatal appointment after confirming your pregnancy





Take prenatal vitamins and supplements as suggested by your doctor

MomVJunction

three-months-of-pregnancy_0080382/

Source: https://www.momjunction.com/articles/best-precautions-to-take-during-the-first-