



# What Precautions Should A Pregnant Woman Take At 12 Weeks?

Eat a nutritious and balanced diet



Apply sunscreen and lotions; don't stress over stretch marks and skin darkening

Listen to music and have positive people around you



Do pregnancy-safe exercises regularly

Discuss and continue taking your prenatal vitamins and supplements



Shop for comfortable maternity clothes

Avoid unhealthy habits and lifestyle



Inform your doctor about any health issues