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**Things to Know in Your**

**First Trimester**

**3**

**Get Educated**

*Ask your primary care provider for educational resources at your first meeting.*

*Educational resources are available to support you with:*

* *Childbirth*
* *Lactation*
* *Peer support*
* *Patient rights*

**3**

**2**

**1**

**Advocate**

*Know that it is okay to advocate for yourself and your needs with your provider.*

* *Voice your concerns with your primary care provider*
* *Ask questions*
* *Know your rights*

**Get Connected**

*Once you find out your pregnant, immediately contact your primary care provider.*

*If you don’t have a provider, call your insurance and ask for resources including:*

* *OBGYN*
* *Midwife*
* *Doula*

This information is made available in part by support from the Maternal Health Network (MHN) of San Bernardino County in partnership with **[insert partner name]**.

Published in 2022. To learn more about the MHN, please visit our website at [www.maternalhealthnetworksb.com](http://www.maternalhealthnetworksb.com).

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**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.