



Juneau

# Family Pages

Resource Directory for families with children ages birth to eight

## Family Planning

### Are you in your teens, 20's or 30's? Read this JUST IN CASE!

Remember – many women don't know they are pregnant for a few weeks, or a few months. If there is a possibility you might become pregnant, you should not drink any alcohol or take any drugs not approved by your doctor.

Doctors recommend that women wait at least two years after giving birth before having another child. Birth spacing increases physical and mental health benefits for the mother, baby, and older siblings. For more information about birth spacing or access to contraceptive services (which are 100% covered under the Affordable Care Act), visit <https://health.alaska.gov/dph/wcfh/Pages/familyplan/default.aspx>, or contact the Juneau Public Health Center at 907-465-3353.

### I'm considering pregnancy. How can I take care of myself?

This is good – you are planning ahead. Start taking care of yourself before you start trying to get pregnant. Talk to your doctor before pregnancy to learn what you can do to prepare your body. Ideally, women should give themselves at least 3 months to prepare before getting pregnant.

### The five most important things you can do before becoming pregnant are:

1. Stop smoking, drinking alcohol, and using substances. Ask your doctor for help.
2. Take vitamins with Vitamin D and at least 400 to 800 micrograms (400 to 800mcg or 0.4 to 0.8 mg) of folic acid every day for at least 3 months before getting pregnant.
3. Talk to your doctor about any medicines you are using. These include dietary or herbal supplements. Some medicines are not safe during pregnancy.
4. Avoid contact with toxic substances or materials at work and at home that could be harmful, including cat feces.
5. If you have a medical condition, talk with your doctor, and be sure your vaccinations are up to date.

### Why do I need prenatal care?

As soon as you think you might be pregnant, call your doctor to schedule a visit. Prenatal health care is extremely important. Your doctor will check to make sure you and the baby are healthy at each visit. If there are any problems, early action will help you and the baby.

Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care. Get early prenatal care to help ensure both you and your baby will be healthy.

### How often should I see my doctor during pregnancy?

Your doctor will give you a schedule of all the visits you should have while pregnant. Most experts suggest you see your doctor:

- about once each month for weeks 4 through 28
- twice a month for weeks 28 through 36
- weekly for weeks 36 to birth

Your doctors can talk with you about any questions you have, and give you important tips to give your baby a healthy start to life. Be sure to follow your doctor's advice.

### Where can I find prenatal care in Juneau?

- **Denali KidCare** covers all prenatal visits for pregnant women. Visit [www.healthcare.gov](http://www.healthcare.gov), or call (800) 478-7778. Ask your medical provider about vouchers to cover local travel (taxi) to and from prenatal appointments, well-baby checks, and some classes.
- **Inside Passage Midwifery (907) 463-2600**  
853 Basin Rd. | [www.insidepassagemidwifery.com](http://www.insidepassagemidwifery.com)
- **Juneau Family Birth Center (907) 586-1203**  
Services are based on a sliding fee scale. No one is turned away because of inability to pay.
- **Juneau Obstetrics & Gynecology (907) 586-1717**  
Juneau OB/Gyn is the only practice in Juneau that offers comprehensive women's health services by board certified obstetrician and gynecologists. They provide full spectrum obstetric and gynecologic services including high and low risk prenatal care. They welcome new patients and accept all insurances. No referral is required.
- **SEARHC Ethel Lund Medical Center (907) 463-4040**
- **Valley Medical Care (907) 586-2434**  
Accepts Denali KidCare and other insurance billing.

### Planned Parenthood..... 1-800-769-0045

3231 Glacier Highway

At this health center you can come in for appointments that do not require a medical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; STD testing; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

### Hello BABY (Building Alaskan Babies with You).....

907-723-0550, <https://www.aeyc-sea.org/all-for-baby.html>

Hello B.A.B.Y. is a free, voluntary program for parents and their new babies. It offers information, connections, and services so that you and your family can feel knowledgeable, strong, and healthy. The program involves partnering with a coordinator who can answer questions, connect you with community programs, and help you to build the strong family you wish for yourself and your new baby.

**The Family Pages** is a guide to the many resources available in Juneau that support families with young children. It is a project of the Juneau Partnerships for Families and Children, a coalition of local and state agencies who work collaboratively to promote shared broad-based communication and support for young children and their families. Our vision is that all families with young children will have access to community resources that support their health, growth and development.

Partner Agencies: SEAAEYC, Alaska Association of School Boards, Bartlett Beginnings, Hello BABY, JAMHI Family, Juneau Family Birth Center, Juneau Public Health, Juneau Public Libraries, Juneau School District, Office of Children's Services, REACH, Inc., SAIL, Sealaska Heritage Institute Baby Raven Reads, Tlingit & Haida Head Start, United Way of Southeast Alaska

This guide was produced and updated by SEAAEYC, 3200 Hospital Drive, Suite 204, Juneau, AK 99801 | 907-789-1235. Please contact the Partnerships Coordinator with any corrections or additions, [info@aeyc-sea.org](mailto:info@aeyc-sea.org). A copy of this information along with other helpful family resources are available at [www.aeyc-sea.org](http://www.aeyc-sea.org). V.0723

