

Show Love for Moms This May!

Mother's Day isn't just for celebrating the person who you call Mom. It's the perfect opportunity to show all of the maternal caregivers in your life some love. Show them that they are seen, loved, and appreciated just as they are. UC San Diego's Center for Better Beginnings has created e-cards for you that are available for free.

E-Cards to Celebrate Moms Health

Download all our e-cards to send a quick note of encouragement to the caregivers in your life. Tag us in your posts at @UCSDcbb if you would like us to share and retweet your posts with our followers!

[DOWNLOAD ALL CARDS](#)

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May gives us a lot to celebrate and a lot of opportunities to raise awareness. Mark your calendars for these upcoming health observations and holidays, and send these cards to raise awareness! **Contact our team at the Center for Better Beginnings to learn more about our programs after reading more about us below.**

- May 5 | Maternal Mental Health Day
- May 3 - 7 | National Mental Health Week
- May 5 | International Day of the Midwife
- May 6 - 12 | National Nurses Week
- May 9 | Mother's Day
- May 9 - 15 | National Women's Health Week
- May 12 | International Nurses Day

These awareness days remind maternal caregivers to make their health a priority and take care of themselves — for their own health and the benefits that this extends to the entire family. Healthy choices that pregnant and breastfeeding people make can make a big difference on the growth and development of their children.

#ShowLove4Moms E-Cards

To an image on a desktop, right click and "Save as" or on a phone touch image and click "Save to Photos".


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Sending you some notes of encouragement!



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Your best
is enough.
Mama, it
really is!

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*Give
yourself
some grace
today*



**You're the
perfect mom for
your baby just
as you are.
Right now.**



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You're Fierce, Mama!



Welcome to the Mom Squad!



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TODAY,
YOU GOT
THIS!

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MOM spelled upside down spells WOW!

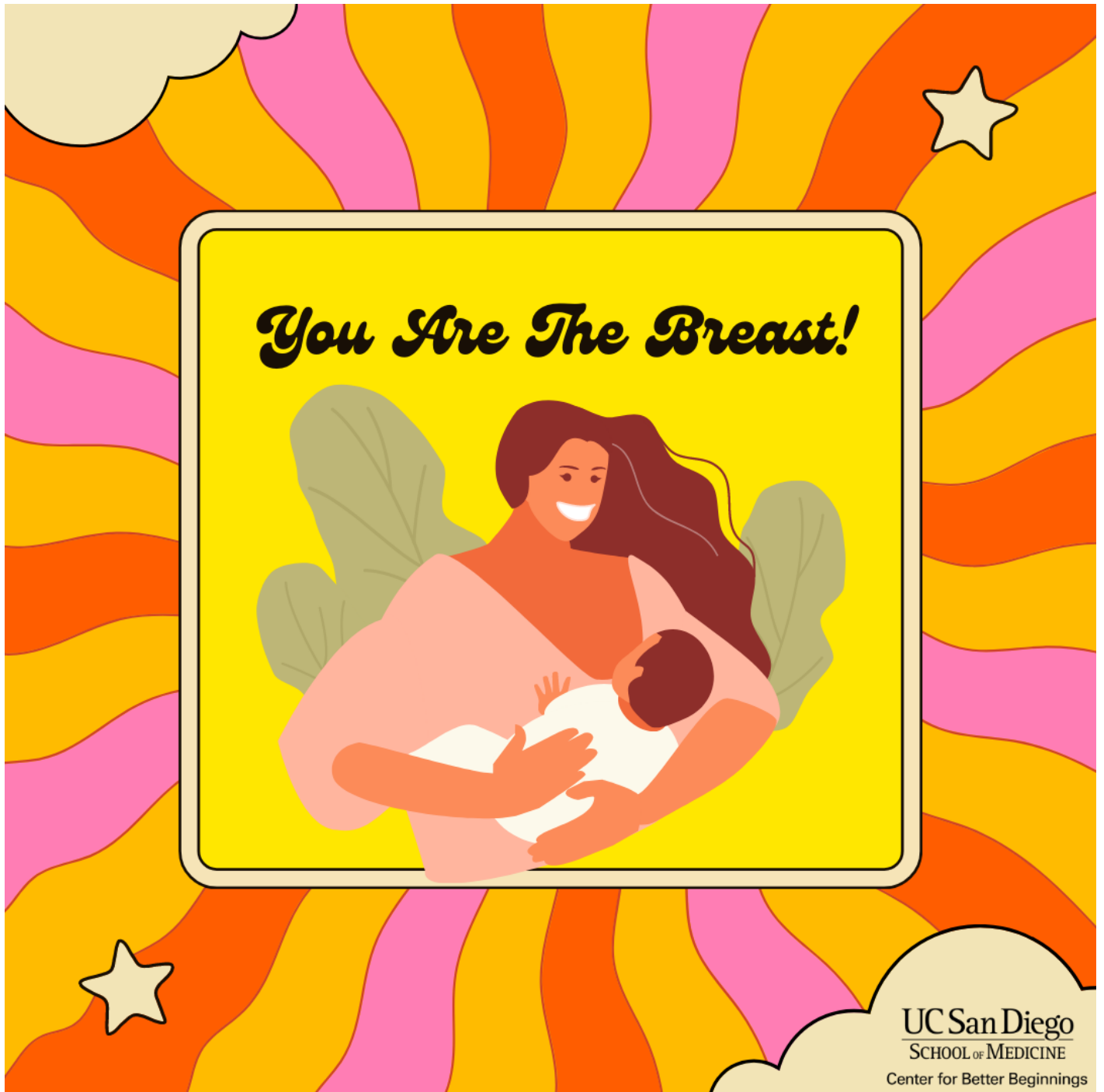


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You Got This!





Hey, Mom!

*Has anyone told
you that you're
doing an
awesome job?*



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**Mama, you're
doing great!**

Discover Our Programs for Moms & Babies

The **Center for Better Beginnings at UC San Diego** advances the health of moms and babies through scientific discoveries. Our role is to better understand environmental influences affecting maternal health and child development, including the causes of birth defects and how they can be prevented. We are closely monitoring emerging and existing conditions and discovering new ways for prevention and treatment.

MotherToBaby California is a trusted source of evidence-based information on the safety of medications and other exposures during pregnancy and while breastfeeding. We specialize in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions and much more, during pregnancy or breastfeeding. Our bilingual information service (English and Spanish) is available by chat, phone, and email at no cost to moms, health professional, and the public.

Mommy's Milk is exploring the powerful benefits of human milk, and how it influences child health and development. Discover how our Mommy's Milk Human Milk Research Biorepository is building the first-ever research database of human milk—and find out what this means for the future of science.

Prenatal alcohol exposure is the leading preventable cause of birth defects and neurodevelopmental disabilities in the United States. It can cause developmental, cognitive, and behavioral problems that last a lifetime, and that are known as Fetal Alcohol Spectrum Disorders (FASD). The **Institute for Fetal Alcohol Spectrum Disorders Discovery (IFASDD)** and the **Nine Months Matter** campaign are informing others about how devastating alcohol is to a developing brain, and what a possible FASD diagnosis means.

Did you know that 9 out of 10 women in the United States take a medication during pregnancy, but only 10% of medications have known safety information for use in pregnancy? **MotherToBaby Pregnancy Studies** is a series of observational studies aimed at evaluating the safety in pregnancy of a variety of prescription medications and vaccines. These critically important studies help pregnant people and their healthcare providers learn more about what may be safe and what should be avoided in pregnancy.

Connect with Us!



Contact Us at UC San Diego

Fill out this form to ask our experts a question.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).

Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). *OTIS/MotherToBaby encourages inclusive and person-centered language. While our name still contains a reference to mothers, we are updating our resources with more inclusive terms. Use of the term mother or maternal refers to a person who is pregnant. Use of the term father or paternal refers to a person who contributes sperm.* Copyright by OTIS, May 5, 2021.