

# planning for a baby

Welcome. Here you can find information and practical advice about the "planning for a baby" phase.

You can read, download and print these materials for yourself or for the service you work with.



# being adoptive parents

Are you thinking about adoption?

Welcoming a child means opening yourself to a **journey** that has already begun. It is an encounter between different paths that, over time, can become a shared family story. For this reason, adoption requires preparation, emotional availability, and a conscious investment of energy. It is a journey that unfolds in stages, made up of waiting, reflection and important steps.

## services

**Centro Adozioni** (Adoption Center) provides clear information and personalized support for both national and international adoption. A team of psychologists and social workers supports each phase of the process through **listening, guidance and assistance** in adoptive parenting.



[For the Province of Monza and Brianza](#)



[For Monza, Brugherio, Villasanta](#)

[For the Province of Lecco](#)

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Adoptive parents' **associations** inform and support families, couples and single individuals interested in adoption. A supportive network where experiences and challenges can be shared, valuing encounter and dialogue to support children in their growth.



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Sistema Socio Sanitario



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ATS Brianza

# anonymous birth

If the pregnancy is difficult and you are unable to recognize the baby, there is a safe and non-judgmental path available.

## How it works

- It is possible to give birth anonymously in any public hospital in Italy, including ASST Brianza, ASST Lecco, IRCCS San Gerardo.
- All personal data is handled with the utmost confidentiality.
- You can receive medical, psychological and social support from a multidisciplinary team.

## First step

- Contact a near consultorio (family counseling center): this is where a protected and respectful path tailored to your situation begins.

## During and after birth

- The team provides support, listening and medical care.
- Your name will not be disclosed.
- If you choose not to recognize the baby, the hospital will arrange foster care in accordance with the law.



Remember: You are not alone.  
Asking for help is a right and a way to  
protect both you and your baby.



# first of all

## Preconception health: what to do?

### An initial health check

- Visit your **gynecologist** or family doctor
- **Basic tests** and health assessment for both partners
- Discussion of any existing medical conditions

### Eat healthy... right from the start

- A **varied and balanced** diet
- Start taking **folic acid** at least 1 month before conception
- Pay attention to **iron and iodine** intake
- **Reduce coffee, sweets and fatty foods**

### Adopt healthy habits

- **Stop** smoking, alcohol and substance use
- **Stay active**, even with a simple walk!
- Maintain a **body weight** suitable for your health

### Treatments and prevention

- Review treatments in case of **chronic conditions**
- Check **vaccinations** status
- Screen for any relevant **infections**

### Take care of body and mind

- **Reduce stress and anxiety** whenever possible
- Talk as a couple about **expectations, fears and wishes**
- Seek help from a **professional** if you feel overwhelmed



# healthy lifestyles

Before, during and after birth, small daily choices can make a difference. Before conception, during pregnancy and after birth, reducing smoking and alcohol helps protect the health of the couple, the baby, and the relationship.

## BEFORE PREGNANCY: preparing the ground

### **Smoking**

Quitting smoking is important for both partners.

Smoking can reduce fertility and affect the health of the future baby, even if only one partner smokes.

### **Alcohol**

Before conception, it is advisable to reduce alcohol consumption as much as possible.

### **Lifestyle**

A Mediterranean-style diet and an active lifestyle can support fertility and well-being.

These are choices that involve the whole couple.

## DURING PREGNANCY: protecting the environment where the baby grows

### **Smoking**

Smoking crosses the placenta and can affect the baby's growth and oxygen supply.

### **Alcohol**

Alcohol crosses the placenta and can interfere with the development of the brain and organs.

### **The safest choice**

During pregnancy: no smoking and no alcohol.

Even small exposures can interfere with a very delicate stage of development.

## AFTER BIRTH: a home that supports breastfeeding

### **Smoke-free environment**

Nicotine passes into breast milk and second-hand smoke increases respiratory risks. A smoke-free environment protects the newborn.

### **Alcohol with caution**

Alcohol passes into breast milk and may affect milk production and the baby's behavior. Avoiding it is the safest choice.

### **If it happens occasionally**

In case of occasional intake (1–2 units), it may be helpful to wait 2–3 hours before breastfeeding.

## If quitting is difficult

Quitting or reducing may take time.  
Support and counseling services are available  
to help you through this process, without judgment.



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