

How to help yourself and your baby

In order to have a healthy pregnancy and baby, you must be free of violence and fear. If you are experiencing domestic violence, it is important that you contact your health care provider for help. There are a variety of community resources available that will help you develop a safety plan.

For help or more information call:

Crescent House
24 hr Hotline
504-866-9554



SEEKING JUSTICE
RESTORING HOPE

New Orleans Family Justice Center
504-592-4005
nofjc.org

NEW ORLEANS FAMILY JUSTICE CENTER

504-592-4005

nofjc.org



**Up to one-third of women
experience abuse during
Pregnancy.**

Pregnancy can be a vulnerable time for a woman. Physical abuse may often start during pregnancy and is associated with inadequate prenatal care, substance abuse and high stress.

**Domestic Violence
Even When You
Are Pregnant**



**Information for
Pregnant Women**

Domestic Violence and Pregnancy

Domestic violence is more common than any other health problem among women during pregnancy. It greatly threatens both the mother's and baby's health. Domestic violence is a pattern of assault and coercive behavior, including physical, sexual and psychological attacks, as well as economic coercion that adults use against their partners.

This includes, but is not limited to, being:

- Hit, hurt, pushed
- Threatened or made to feel afraid by your partner
- Forced to have sex or do something you didn't want to do



Effects of Domestic Violence During Pregnancy

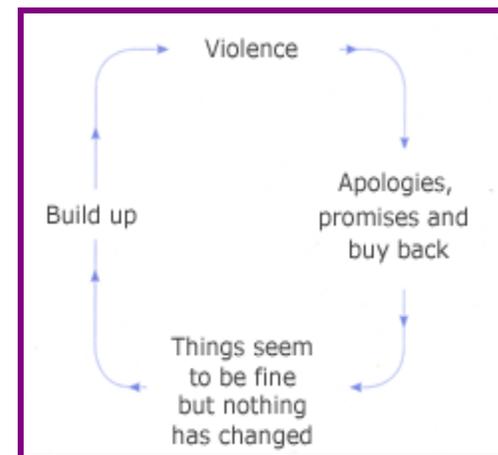
If you are being hurt or threatened by your partner while you are pregnant, you have a higher chance of:

- **Injury to your uterus**
- **Miscarriage, stillbirth or premature baby**
- **Getting a dangerous vaginal infection from forced or unprotected sex with someone who has an infection**
- **Increased first and second trimester bleeding**

Violence also increases your baby's risk of:

- Weighing too little at birth
- Having trouble nursing or taking a bottle
- Having sleeping problems
- Being harder to comfort than other babies
- Having problems learning to walk, talk and learn normally
- Experiencing lasting emotional trauma
- Being physically and sexually abused
- Being hurt during a fight

Domestic Violence cycle



Domestic violence may first start during pregnancy or may get worse during pregnancy. It has been estimated that about one third of pregnant women are affected by domestic violence.

Your safety and the safety of your unborn child and any other children are very important.

If you are being abused, it's really important to get some help.

To talk to someone today call
New Orleans Family Justice Center
504-592-4005

