January is Birth Defects Prevention Month. This year’s theme is “Best for You. Best for Baby.” Although birth defects cannot always be prevented, women can increase their chances of having a healthy baby by taking preventative measures through prenatal care. You can read more about the National Birth Defects Prevention Network here.

We also want to highlight the work that MCH professionals are doing to support preventing birth defects across the nation. Check out the Innovation Station Practices below to learn more:

- **Superior Babies Program**, Minnesota (Emerging, 2013) The Superior Babies Program seeks to reduce the incidence of Fetal Alcohol Spectrum Disorder (FASD) and other prenatal drug-related effects on children in St. Louis County, Minnesota by identifying and serving pregnant women who use or abuse alcohol and other substances.

- **Perinatal Substance Use**, Indiana (Promising, 2018) Perinatal Substance Use offers resources to mothers, management recommendations to healthcare providers, and provides a standardized treatment plan for newborns exposed to perinatal substance use or diagnosed with Neonatal Abstinence Syndrome (NAS).

- **Nevada Title V Maternal Child Health Program Perinatal Substance Use**, Arizona (Cutting-Edge, 2017) The Nevada Title V Maternal Child Health Program Perinatal Substance Use program focuses on preventing substance use during pregnancy and providing women, their families, and health care providers with information on resources and treatment options for women who use substances.
Do you see a practice that you would like to replicate in your area? Get in touch with the project contact to learn about their challenges, successes, and how you can adapt the practice to fit your needs. If you decide to replicate all or part of the practice, visit our [website](#) to find out about opportunities to fund this work.

Are you also working to prevent birth defects, or to address other MCH issues? Share your practice with Innovation Station to receive recognition, help others learn from your great work, and make a difference in MCH. Learn more about AMCHP’s practice categories and submission process [here](#).

*Have questions or want to learn more? Contact Lynda Krisowaty [lkrisowaty@amchp.org](mailto:lkrisowaty@amchp.org)*