

# The Healthy Baby Roadmap: An Actionable Strategy for Reducing the Risk of Chronic Illness in Children Starts with Preconception and Pregnancy

Vicki Kobliner

vicki@holcarenutrition.com

Pediatric And Adult Functional Medicine Dietitian, owner of Holcare Nutrition in Wilton, CT (USA)

---

## ARTICLE INFO

Doi:10.54878/wxz3e170

---

### KEYWORDS

*ADHD, Pregnancy, ASD, Autism, Anxiety*

---

### HOW TO CITE

The Healthy Baby Roadmap: An Actionable Strategy for Reducing the Risk of Chronic Illness in Children Starts with Preconception and Pregnancy. (2024). *Autism Challenges and Solutions*, 2(1). <https://doi.org/10.54878/wxz3e170>

---

## ABSTRACT

The incidence of chronic illness in children has reached epidemic proportions. In the US, one out of 2 children may be diagnosed with conditions such as Autism, ADHD, anxiety, depression, asthma, allergies, eczema and autoimmune disease, among others. The research is clear that maternal health, nutrition and lifestyle, both prior to conception and throughout pregnancy can influence the risk of having a child with a chronic illness. Parents deserve to be informed and empowered to reduce these risks for their future children. We will review current literature, with a focus on identifying actionable steps to support parents-to-be.