Living in deprived areas curtails the health-related preferences, aims and ambitions of parents-to-be; also regarding the health of their children-to-be. –this thesis

To adequately prepare for pregnancy it is crucial that parents-to-be perceive the health of their child-to-be as: a goal they have reason to value, a goal over which they have control and a goal that is achievable with the means and freedoms at their disposal. –this thesis

There is a worrisome gap between the available evidence of the benefits of adequate pregnancy preparation and the efforts of caregivers to aid parents-to-be to adequately prepare for pregnancy. –this thesis

Although the identification of non-medical risks is indispensable in preconception care, it is only morally acceptable if it can lead to actual help or care. –this thesis

Preconception care is concerned with achieving an optimal pregnancy preparation. Yet a deviation from an optimal pregnancy preparation should not be immediately considered as a failure of mothers-to-be to fulfill their responsibility. –this thesis

It does not suffice to make pregnancy preparation easier, for example by using E-health and mHealth-tools, as this alone will not make pregnancy preparation as a topic more important to parents-to-be and caregivers. –this thesis

A sound moral judgment is as true as a mathematical proof.
–inspired by social and Kantian constructivism

For those who worry about medicalization: life is a miracle, disease is not.

We strive for the best we can attain within the scope the world allows. –John Rawls

Poverty begets low aspirations and low aspirations beget poverty.

And those who were seen dancing were thought to be insane by those who could not hear the music. –Unknown