

Pregnant?

5 things to do within the first 10 weeks

1

FIND A LEAD MATERNITY CARER (LMC)

Your LMC will support you during your pregnancy, labour and the first few weeks after your baby / pepi is born.

2

TAKE FOLIC ACID AND IODINE

Folic acid and iodine are essential nutrients for you and your baby

3

MAKE A DECISION ABOUT SCREENING TESTS

The first tests should happen within 10—14 weeks of pregnancy

4

GIVE YOUR BABY THE BEST POSSIBLE START

Avoid smoking, alcohol and recreational drugs

5

EAT WELL AND STAY ACTIVE



To find a midwife LMC visit:

www.findyourmidwife.co.nz

Or contact 0800 find MW (0800 3463 69)