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)