

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.

Please register with your LMC within at least the first 10 weeks to ensure your antenatal scans can be booked at Grey Base Hospital. Late booking of antenatal scans may require travel to Christchurch at your own cost.

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)