

**Are you  
ready for  
pregnancy?**



**#ReadyforPregnancy**



Are you're thinking  
about becoming  
pregnant?



This guide will help  
you to prepare...



...physically

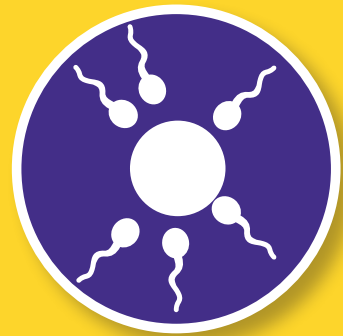


and to look after  
your mind.

## Looking after your body



Take regular exercise like going for a walk or cycling.



Getting fit may help you get pregnant.



Exercising with your partner or a friend can be fun.



## Eat healthily



Try to eat five or more portions of fruit and vegetables a day.



Eat fruit and vegetables, and food with protein.



Eating healthily will help your baby grow.



# Looking after your mind



Trying to get pregnant – or being pregnant, can be stressful.



Take time to look after yourself.



Listen to music, go for a walk, or do a favourite hobby.



Do whatever makes you happy or calm.



Talk about your feelings with your partner or a friend.



# Ask for help



If you are struggling with your mood, you feel stressed or anxious make sure that you ask for help.



You can get help from a partner, friend, health visitor or your GP.



Help is available before or during your pregnancy.



You can also contact a team that helps women who are pregnant and are struggling with their feelings or mood.



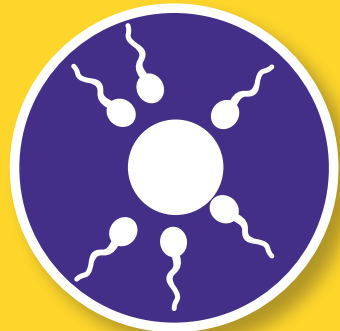
# Folic Acid Tablets



Folic acid is usually a tablet available from a pharmacy.



It is a vitamin that helps your unborn baby to grow.



Take it if you are trying to get pregnant.



Take it during the first 12 weeks of pregnancy.



Make taking the tablet part of your daily routine.



# Vitamin D



Vitamin D is in some foods but is also a tablet.



Our bodies create vitamin D from being in direct sunlight.



Take Vitamin D tablets throughout pregnancy to keep bones and muscles healthy.



This is particularly important if you have dark skin, are indoors most of the day, or wear clothes that cover up most of your skin.





# The Flu Jab



Pregnant women are more likely to get infections.



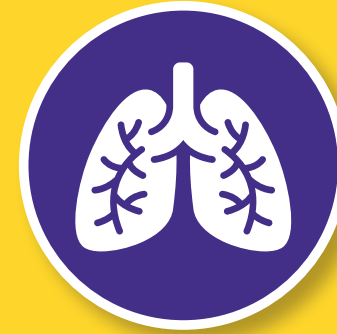
If you catch flu while pregnant, you are more likely to become seriously ill.



Having a flu jab while you are pregnant helps protect you and your baby.



# Whooping Cough



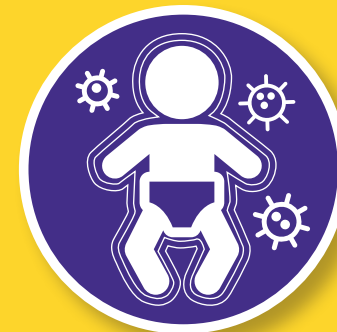
Whooping cough is a lung infection.



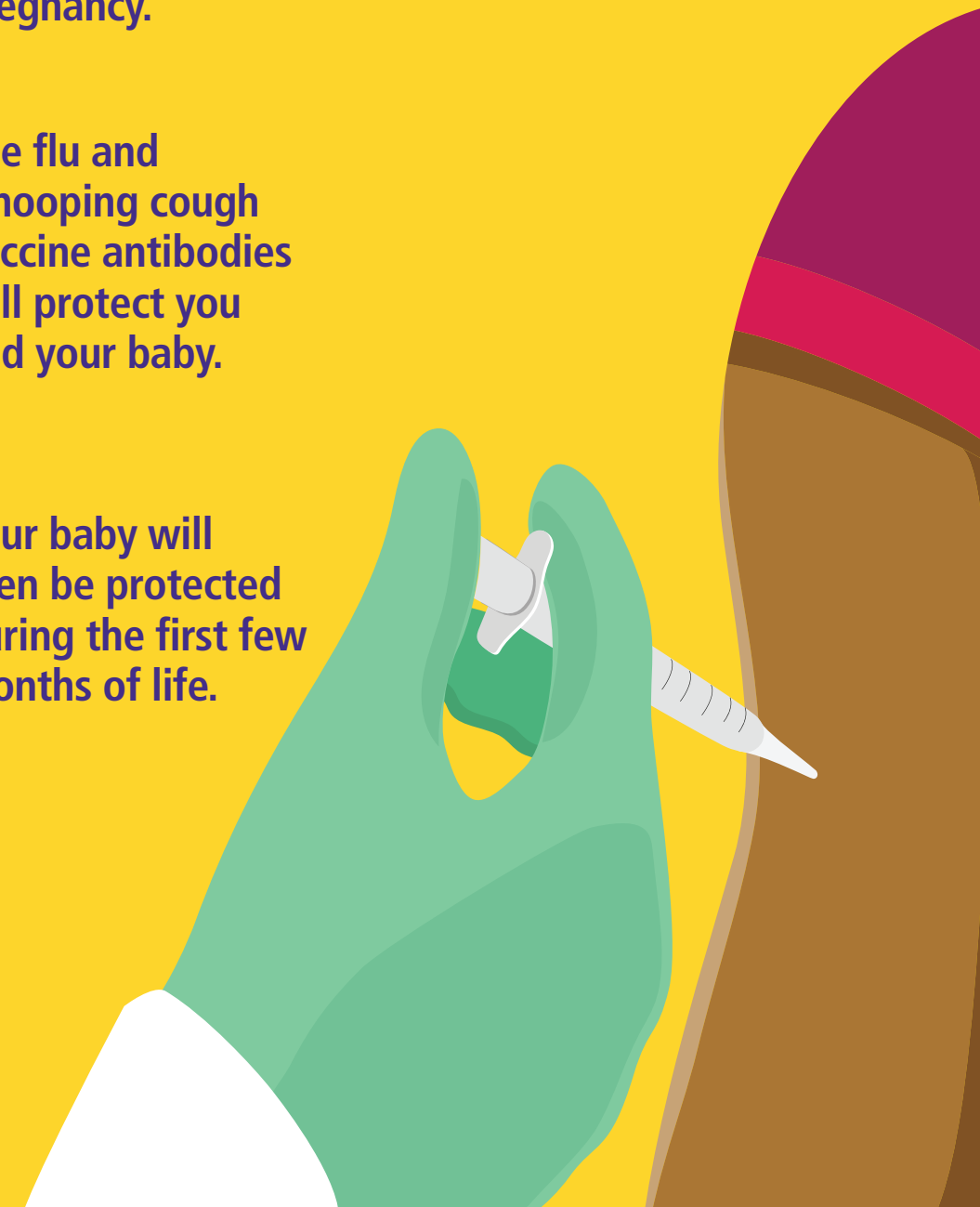
You will also be offered a whooping cough vaccine during your pregnancy.



The flu and whooping cough vaccine antibodies will protect you and your baby.



Your baby will then be protected during the first few months of life.



# Alcohol



It is best not to drink alcohol while trying to get pregnant, and during pregnancy.



Try drinking fruit juice or water instead of alcohol.



You will feel healthier and sleep better if you don't drink alcohol.



Avoiding alcohol will protect your baby.



# Smoking



It is best not to smoke while trying to get pregnant, and during pregnancy.



Breathing in someone else's smoke is also a risk to your baby.



Help is available from your pharmacist, GP or midwife to stop smoking.



Avoiding smoking will protect your baby.



# Breastfeeding



Breastfeeding is good for you and your baby. It helps you feel closer to your baby too.



Breast milk has lots of goodness to help your baby grow and give protection from infections.



Support from your partner can make a real difference to your success with breastfeeding.



Help is available from your health visitor or from local breastfeeding clinics.



# Support is available



Looking after a young baby is not easy.



If you are struggling with your mood or you feel stressed or anxious, make sure you ask for help from your GP, midwife or health visitor.



If you feel ill then make sure you ask for help from your GP, midwife or health visitor.



Talk about your feelings with your partner or a friend, or join an online support group.





# Support is available



If you already have an illness like diabetes or epilepsy, you may need to change your tablets. Talk to your GP or midwife.



If you have any questions about your baby or your health you can ask your midwife, health visitor or GP.



There is also lots of information and support online. The NHS website is helpful: [www.nhs.uk](http://www.nhs.uk)



# Useful information

For more information visit:

- [frimleyhealthandcare.org.uk/maternity](http://frimleyhealthandcare.org.uk/maternity)
- [healthysurrey.org.uk/children-and-families/ready-for-pregnancy](http://healthysurrey.org.uk/children-and-families/ready-for-pregnancy)
- [seshealthandcare.org.uk/ready-for-pregnancy](http://seshealthandcare.org.uk/ready-for-pregnancy)
- [medway.gov.uk/readyforpregnancy](http://medway.gov.uk/readyforpregnancy)
- [what0-18.nhs.uk/pregnant-women/planning-pregnancy](http://what0-18.nhs.uk/pregnant-women/planning-pregnancy)
- [bobstp.org.uk/workstreams/maternity/planning-your-pregnancy](http://bobstp.org.uk/workstreams/maternity/planning-your-pregnancy)

Brought to you by the following local maternity systems (LMS):

- Frimley LMS
- Surrey Heartlands LMS
- Sussex LMS
- Kent and Medway LMS
- Hampshire and Isle of Wight LMS
- Buckinghamshire, Oxfordshire and Berkshire West LMS

