

Your pregnancy Checklist

- Choose a midwife or doctor to be your Lead Maternity Carer (LMC).**

Their job is to make sure you get the pregnancy care you need.

- Consider where and how you would like to give birth.**

Talk to your LMC about your birthing options.

- Take Folic acid until 12 weeks.**

This will help to develop your baby's brain and spine.

- Take Iodine until you stop breastfeeding.**

This will help your baby's brain to develop.

- Consider screening tests.**

Talk to your LMC to work out what tests are best for you.

- Consider getting the influenza vaccine every flu season.**

It is free and will help protect both you and your baby from influenza.

- Consider getting the whooping cough vaccine between 28-38 weeks of every pregnancy.**

It is free and will help protect your newborn baby from whooping cough.

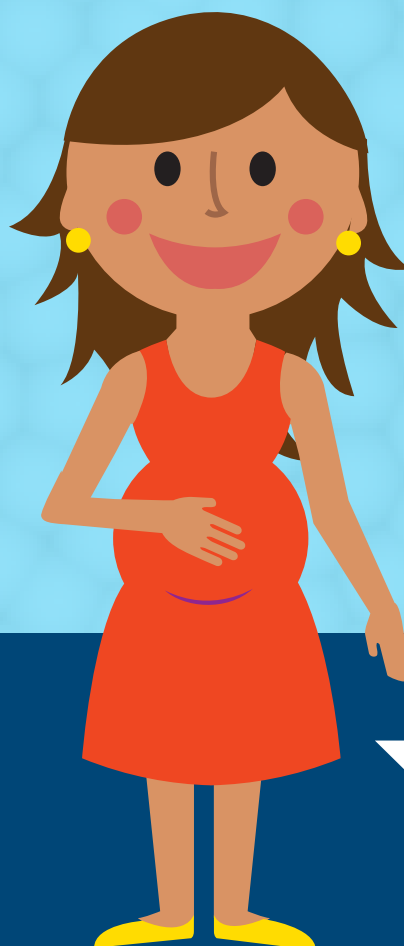
- Tell your family doctor that you are pregnant.**

If you don't have a family doctor now is a good time to register with one.

- Enjoy your pregnancy!**

Your LMC can discuss all of these important decisions with you.

Tick them off as you go!



To find a midwife LMC visit:
findyourmidwife.co.nz

For more pregnancy information visit:
huttmaternity.org.nz

