

Pregnant?

5 things to do within the first 10 weeks

- 1 FIND A LEAD MATERNITY CARER (LMC)**
- 2 TAKE FOLIC ACID AND IODINE**
- 3 MAKE A DECISION ABOUT SCREENING TESTS**
- 4 GIVE YOUR BABY THE BEST POSSIBLE START**
Avoid smoking, alcohol and recreational drugs.
- 5 EAT WELL AND STAY ACTIVE**



HUTTmaternity
Hutt Valley Maternity Care



Content reproduced with permission from Mid Central DHB

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

for more pregnancy information visit:
huttmaternity.org.nz