

PREPARING FOR YOUR HEALTHY PREGNANCY



- ✓ Healthy lifestyle choices before, during and after pregnancy will benefit you and your baby now and in the future.
- ✓ Eat nutritious food and stay active to increase your chances of getting pregnant and having a healthy baby.
- ✓ Increase your folic acid intake to help protect your baby against neural tube defects.
- ✓ Increase your iodine intake for your baby's brain development.
- ✓ Check your vaccinations are up to date, and iron levels are normal.
- ✓ If you are having trouble becoming pregnant, talk to your health professional.



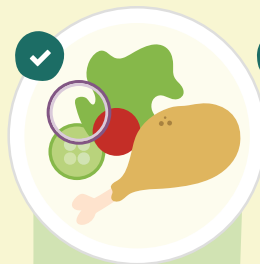
TIP

GET PLENTY OF SLEEP. TAKE CARE OF YOURSELF. KEEP STRESS LEVELS DOWN.

REACH OUT TO YOUR PARTNER, FRIENDS, FAMILY OR HEALTH PROFESSIONALS IF YOU NEED SUPPORT.

MAINTAIN A HEALTHY WEIGHT** TO HELP WITH GETTING PREGNANT.

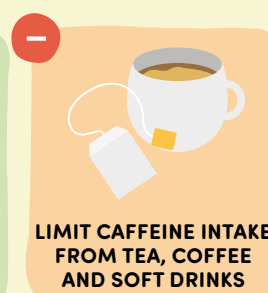
THE HEALTH AND WEIGHT OF THE BABY'S FATHER IS IMPORTANT TOO—EAT HEALTHY AND BE ACTIVE TOGETHER.



EAT HEALTHY FOOD AND STAY ACTIVE



INCREASE YOUR INTAKE OF FOLIC ACID AND IODINE*



LIMIT CAFFEINE INTAKE FROM TEA, COFFEE AND SOFT DRINKS



DON'T DRINK ALCOHOL



SPEAK WITH YOUR HEALTH PROFESSIONAL ABOUT YOUR PLANS



DON'T SMOKE

* Through food and supplements. ** If you are unsure what a healthy weight is for you, talk to your health professional.

For more information about preparing for your healthy pregnancy visit health.gov.au/campaigns/your-healthy-pregnancy



Australian Government
Department of Health