

Don't drink alcohol before and during your pregnancy

5

- It can harm the baby's brain and growth
- It can hurt the baby's organs such as the brain, heart and kidneys
- Not drinking alcohol is the safest choice
- Not drinking alcohol is also the safest choice when you are breast feeding



Happy families are important for a healthy pregnancy and baby

6

- Please talk to your doctor or midwife if:
 - there are family problems that worry you
 - you have concerns about your pregnancy
 - you are feeling stressed or sad about your pregnancy



For free health advice 24 hours a day call Healthdirect Australia on 1800 022 222

GP After Hours iPhone App is also available for free download from the App Store

womens health and family services

227 Newcastle Street, Northbridge WA 6003

PO Box 32, Northbridge WA 6865

Telephone: (08) 6330 5400

Facsimile: (08) 6330 5499

Email: info@whfs.org.au

Web: www.whfs.org.au

ABN 81 007 269 571



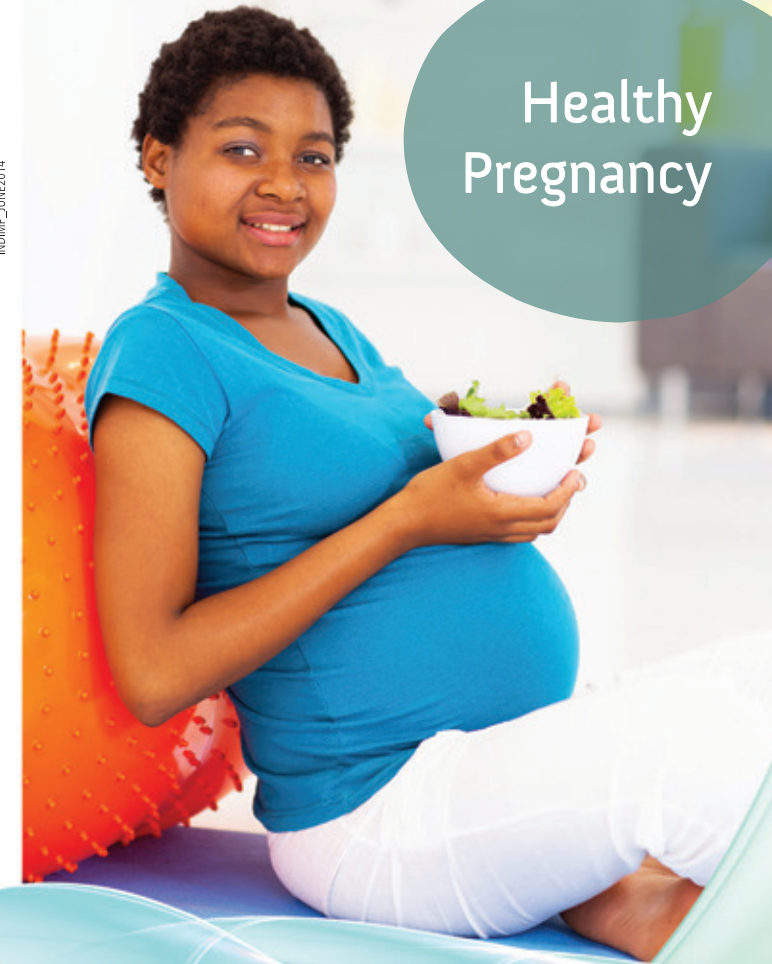
alcoholthinkagain

INDIMP_JUNE2014



womens health & family services

Healthy Pregnancy



healthy mum and baby

healthy mum and baby

healthy mum and baby

1 Make regular visits to your doctor and midwife...

Make regular visits to your doctor and midwife especially during the last three months of your pregnancy.

- They can check to see that you and your baby are healthy
- If you are taking any medicines, tell your doctor or midwife
- If you are buying any medicines from the chemist, tell them you are pregnant

2 Eat healthy food & drinks

During pregnancy both you and your growing baby need extra nutrients. It is important to eat a wide variety of healthy foods to get these nutrients.

- Healthy food also helps you and your baby have a healthy weight during pregnancy
- Some nutrients are more important during pregnancy. Talk to your doctor or midwife as you may need to take more vitamins to meet these higher needs

Some nutrients are very important during pregnancy as higher levels are needed to support you and to help your baby grow properly.

Try to include foods high in these nutrients in your diet:

If you are worried or think you are not getting enough of these nutrients, talk to your doctor or midwife. You may need to take extra vitamins to support your diet.



- **Folate:** found in green leafy vegetables, broccoli, beans and lentils, wholegrain breads and cereals with added folate 
- **Iodine:** found in seafood, seaweed, iodised salt 
- **Iron:** found in all meat (especially red meat e.g. beef, lamb, kangaroo), eggs, green leafy vegetables, beans 
- **Zinc:** found in red meat, chicken and fish 
- **Calcium:** found in milk, soy and other milks with added calcium, yoghurt, cheese, tofu, almonds, broccoli 
- **Water:** Drinking enough water is essential for a healthy pregnancy. You need more fluid during pregnancy because of the growing baby. Water is the best choice and should be drunk throughout the day whenever you need to. Water can also help reduce constipation; which is common during pregnancy 

3 Do some light exercise such as walking, swimming and yoga



- A strong body and muscles are good because it helps you give birth to your baby
- It helps you to keep a healthy weight during pregnancy
- It helps you to sleep better at night
- You may feel tired when you are pregnant. Have short rests during the day; to stop working and sit or lay down. This is important for both you and your baby

4 Stop smoking



Make your home smoke free

- Smoking is bad for both you and your baby
- It can hurt your baby's lungs and cause breathing problems such as asthma
- Other people smoking near you is also bad for you and your baby