

# Healthy body, healthy baby, healthy future



## Improve your health before trying for a baby:

- Be a healthy weight
- Take folic acid
- Quit smoking
- Cut out alcohol
- Check medication with your GP

## Recently discovered you're pregnant?

- Making changes now will still improve the health of you and your baby
- Keep doing the suggestions above
- Take vitamin D
- Contact your midwife now if you haven't already done so. Your doctor's surgery, or maternity service, will be able to give you the contact details of your local midwife.

For more information go to:

[www.nhs.uk/conditions/pregnancy-and-baby/pages/planning-pregnancy.aspx](http://www.nhs.uk/conditions/pregnancy-and-baby/pages/planning-pregnancy.aspx)



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