#### Pregnancy is a great time to keep your baby healthy



## **Smoke And Alcohol Free**

Cigarettes and alcohol are toxins that affect your baby's healthy growth and development.



#### **Mental Wellbeing** Matters

Caring for your mental wellbeing is an important part of caring for your baby.

# Immunise

Immunisation in every pregnancy protects you and your baby from whooping cough (Pertussis) and flu (Influenza). It's FREE.

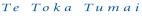
## Lie On **Your Side**

Lie on your side when resting, napping or sleeping, from 28 weeks of pregnancy to make sure your baby is getting plenty of oxygen.

### Eat **Healthy**

Eating healthy foods is important for your health and the health of your baby.











For healthy pregnancy advice visit www.pregnancysmile.nz

#### Pregnancy is a great time to keep your baby healthy



# Smoke And Alcohol Free



## Mental Wellbeing Matters



Immunise

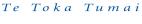


Lie On Your Side



Eat Healthy











For healthy pregnancy advice visit www.pregnancysmile.nz