

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

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