

Pregnancy is a great time to be healthy



**Smoke And
Alcohol Free**



**Mental Wellbeing
Matters**



Immunise



**Lie On
Your Side**



**Eat
Healthy**





Smoke And Alcohol Free

Give your baby a smoke and alcohol free beginning.

WHY?

Smoking while pregnant means that the dangerous toxins in cigarettes are passed to your baby. This causes serious pregnancy complications such as miscarriage, or your baby being born too early or too small. It also increases the chance of your baby dying unexpectedly (also called cot death).

Drinking alcohol in pregnancy can affect your baby's brain development. This can lead to baby having learning or behaviour problems and may be difficult to look after. The effect of alcohol in pregnancy can be lifelong for baby.

HOW TO GET HELP

Talk to your LMC (Lead Maternity Carer – your midwife or obstetrician) or doctor about how to get help to stop smoking. There is a special smokefree pregnancy programme that can offer you one-to-one support, and you can get up to \$350 in Countdown or Warehouse vouchers to support your journey to becoming smokefree.

Contact Ready Steady Quit on 0800 500 601, email info@readysteadyquit.org.nz or sign up online at www.readysteadyquit.org.nz.

Your LMC or doctor can give you a prescription for patches, gum or lozenges to help with cigarette cravings.

Talk to family and friends and ask them to support you to make a healthy start for your baby. It is important for your health, and the health of your baby, that your home is smokefree. If you are living with family or friends who want to quit smoking with you, Ready Steady Quit run a special programme for your family and they can also get up to \$200 in vouchers to support their smokefree journey.

If you need help to stop drinking in pregnancy talk to your LMC or doctor who can refer you to a support service or call the Alcohol and Drug Helpline on 0800 787 797 or text 8681.

USEFUL LINKS

- **Ready Steady Quit:**
www.readysteadyquit.org.nz, 0800 500 601,
info@readysteadyquit.org.nz
- **Alcohol Drug Helpline:**
www.alcoholdrughelp.org.nz
0800 787 797, Free text 8681
- www.alcohol.org.nz/alcohol-its-effects/alcohol-pregnancy





Mental Wellbeing Matters

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

WHY?

Becoming a mum can be an exciting time but it can also be overwhelming. Changes during pregnancy can increase everyday pressures, and bring new challenges.

Your mental and emotional wellbeing during your pregnancy and after baby is born is as important as your physical health.

FIVE WAYS TO WELLBEING

Introducing these simple strategies into your life will benefit you and your baby.

Check in with yourself – take notice of how you are feeling and know that it is OK not to feel fine all the time. Trust your instincts and ask for help if you need it.

Be active – try to do something active every day, just a short walk or getting off the bus one stop earlier is a great way to lift your mood. Being active is good for your body and good for your wellbeing. Talk to

your LMC (Lead Maternity Carer – your midwife or obstetrician) or doctor about activities that would be good for you.

Catch-up with friends and family – Sometimes a good catch up or chance to talk about the things that aren't going to plan can make a difference to how you feel.

Take some 'me time' – growing a baby is physically demanding. Take some time out each day to relax. Have a warm bath, read a book, listen to a podcast or walk around the block.

See something new – take a short trip, visit friends, go to a new park or café - use this time to explore and have new experiences.

IF YOU NEED EXTRA SUPPORT

Ask for help, let someone you trust know how you are feeling. Family and friends can be a listening ear, a shoulder to lean on, or an extra pair of hands to help with the practical things.

If you are feeling low talk to your midwife or doctor. They can talk to you about how you are feeling and put you in touch with others that can help. They are experienced in helping expectant mums with all sorts of worries, mental health included, and can put you in touch with support groups, community networks and other services.

USEFUL LINKS

- **Mental Health Foundation:**
www.mentalhealth.org.nz
- www.depression.org.nz
- www.beatingtheblues.co.nz
- Try a meditation app such as CALM



Immunise

Get immunised against whooping cough (Pertussis) and flu (Influenza) during EVERY pregnancy. It is Free!

WHY?

Having immunisations in pregnancy for whooping cough and influenza will protect you and your baby for their first few months of life.

You should have these FREE vaccines **each time** you are pregnant.

WHOOPING COUGH

Whooping cough (pertussis) is a serious illness that causes very severe coughing and breathing difficulties. It is especially serious in babies under 1 year of age with about 7 in 10 babies being admitted to hospital to get help with their feeding and breathing. It can be life threatening - In the last large NZ outbreak, 3 babies sadly died of whooping cough¹.

The whooping cough immunisation can be given during the second or third trimester of pregnancy. It is best to get it as early in pregnancy (after the 16th week of pregnancy) for the immunity to pass through the placenta to your baby and provide protection for your baby until they start having their own immunisations at six weeks old. Immunisation in pregnancy reduces the risk of whooping cough in young babies by 91%.

INFLUENZA

Getting influenza (the flu) during pregnancy can harm you and your baby. Pregnant women are most at risk of serious complications from the flu, such as pneumonia (a serious lung infection) and are more likely to die from the flu than women who are not pregnant. Getting the flu in pregnancy can cause baby to be born too early or too small. Women immunised for the flu in pregnancy are less likely to experience a stillbirth.

Immunisation can help stop you catching the flu. You can also pass immunity on to your baby which helps keep your baby from getting the flu too.

GETTING YOUR IMMUNISATIONS

Immunisation is **FREE** for all pregnant women in **EVERY** pregnancy.

Whooping cough vaccine is **FREE** in the second and third trimester of pregnancy from your local doctor (GP) or pharmacy.

The **flu** vaccine is available from April to December every year. Immunisation in pregnancy is **FREE** from your doctor (GP) or local pharmacy at any stage of pregnancy.

These vaccines are safe in pregnancy. Talk to your doctor or LMC (Lead Maternity Carer - your midwife or obstetrician) about getting your pregnancy immunisations.

USEFUL LINKS

For more information about immunisations in pregnancy see

- www.health.govt.nz/your-health/healthy-living/immunisation/immunisation-pregnant-women
- www.waitematadhb.govt.nz/hospitals-clinics/clinics-services/maternity-services/immunisation-and-pregnancy
- <https://www.healthed.govt.nz/resource/immunise-during-pregnancy>

¹ www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/whooping-cough



Lie On Your Side

When resting, napping or sleeping, lie on your side, especially from 28 weeks of pregnancy.

WHY?

Sleeping on your side after 28 weeks of pregnancy halves your risk of having a stillbirth. This is because when you sleep on your back, the weight of your baby puts pressure on large blood vessels that transport blood around your body and to your baby. This pressure can restrict blood flow and oxygen supply to your baby.

If you lie on either your left or right side while you sleep, you are making sure that your baby is getting plenty of oxygen.

WHAT IF I WAKE UP ON MY BACK?

Changing positions during sleep is normal and unavoidable. The most important thing is to start your sleep on your side and return to your side if you wake up on your back. This way you make sure that you are on your side for as much of your sleep as possible.

Remember this is the advice for mum when pregnant. Once baby is born, baby should sleep on their back in their own baby bed (e.g. wahakura, moses basket or pepi-pod) in the same room as you.

USEFUL LINKS

- www.sleeponside.org.nz
- www.sleeponside.org.nz/assets/downloads/CK-Sleep-safe-leaflet.pdf





Eat Healthy

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

WHY?

Having a healthy diet in pregnancy has lifelong health benefits for you and your baby.

Focus on eating healthy food like fruit and vegetables and avoid overeating or eating cakes, biscuits and chips. A diet with lots of sugar increases your risk of diabetes and the risk that your baby will become obese later in life. It is important to drink water and avoid sugary drinks such as cola, lemonade, fruit juice and energy drinks (which also have caffeine which should also be limited when pregnant).

Weigh yourself at the start of your pregnancy and talk to your LMC (Lead Maternity Carer – your midwife or obstetrician) about how much weight you should be gaining. Try to stay within this weight range. If you gain a lot of weight in pregnancy it is much harder to lose it after baby is born.

Eating and drinking health foods will help you have healthy teeth and gums during pregnancy. Good dental health is important for the overall health of you and your baby.

USEFUL LINKS

- www.health.govt.nz/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/eating-safely-and-well-during-pregnancy
- www.mpi.govt.nz/food-safety/food-safety-for-consumers/food-and-pregnancy
- www.nzda.org.nz/public/your-oral-health/pregnancy





Te Whatu Ora
Health New Zealand

For healthy pregnancy
advice visit
www.pregnancysmile.nz