

Planning a Pregnancy

It is best for your health to wait at least 18 months between giving birth and getting pregnant again.



Time Between Pregnancies

Take Folic Acid 400mcgs every day. Do this before you're pregnant and until you are 13 weeks pregnant. This is to help your baby to grow healthily



Folic Acid

If you, your partner or family smoke, it is important to ask for help to quit.



Stop Smoking

Get medical advice if: You have a long-term health condition. You take medication. You think you need pre-pregnancy screening.



Health Checks

Trying for a Baby/Planning a Pregnancy

Contraception



Plan to stop using contraception. Some types of contraception can affect your menstrual cycle for up to 3 months.

Stop Alcohol



Parents should stop drinking alcohol when trying for a baby, during pregnancy and reduce alcohol intake 12 months following birth

Healthy Weight and Being Active



Being active and a healthy diet is important to maintain general health, emotional wellbeing and a healthy weight.

Vaccinations



Check with your GP that you are up to date with your immunisations. This includes MMR, Covid-19 and Flu.

Click the resource you wish to view



Time Between Pregnancies

Trying for a Baby Factsheet

7 Steps To Help You and Your Baby

Your Choices When You Get Pregnant

Safe Spacing Between Pregnancies



Folic Acid

NHS Folic Acid Supplementation

Healthy Eating and Vitamin Supplements in Pregnancy



Stop Smoking

Stop Smoking in Pregnancy

Free 'Smoke free' app

Guide to Giving up Smoking



Health Checks

Screening Tests for Sickle Cell and Thalassaemia

NHS Planning your Pregnancy

Screening for Hepatitis B, HIV and Syphilis

Infectious Diseases

Mental Health and Wellbeing

Mental Health and Planning a Pregnancy



Contraception

NHS Contraception Guide

Trying For a Baby

LMS Pregnancy and Birth Choices

What Contraception is Right For Me?

Tommy's Planning a Pregnancy Toolkit

Tommy's Personalised Pregnancy Tips

Tommy's Pregnancy Wellbeing Plan

Let's Talk About Sex



Stop Alcohol

No Amount of Alcohol in Pregnancy is Safe

NHS Drinking Alcohol in Pregnancy

What Alcohol Does to Your Body



Health Weight and Being Active

Active Pregnancy Foundation

NHS Exercise in Pregnancy

Physical Activity Guideline for Pregnant Women

Eatwell Guide

Foods to Avoid in Pregnancy

Tommy's Tips for a Health Pre-Pregnancy Diet



Vaccinations

Thinking of Getting Pregnant Leaflet

Pregnancy and Vaccinations

Tommy's Pregnancy and MMR Vaccination