

**EARLY**

**CONTACT**

**COUNTS**



# YOU'RE HAVING A BABY!

**Your first appointment with your midwife, called the booking appointment, should happen before you're 10 weeks pregnant.**

Scan the QR code to register your pregnancy with Russells Hall Hospital community midwifery team as soon as you know you're pregnant.



To find out more on having a healthy pregnancy scan the QR codes below



Visit  
Tommys



Visit  
Healthy  
Dudley

