

EVERY

CHANGE

MAKES A DIFFERENCE



THINKING OF HAVING A BABY?

Before conception think about these three things to help towards a healthy pregnancy

- **Having a healthy BMI above 18.5 and below 25**
- **Quit smoking, if you are a smoker**
- **Take folic acid (400mcgs and available to buy from any pharmacy)**

To find out more about planning a pregnancy scan the QR codes below

