

#1
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First 2000
Days of life



Pregnancy and Breastfeeding

The foundation for lifelong health and wellbeing

Why is it important?

- Babies and children thrive when their families and carers are supported during pregnancy
- You can be supported with information about staying healthy during pregnancy, and baby feeding
- Breastfeeding supports healthy growth and development of your baby

What to do?

- Attend regular pregnancy checks with midwives and doctors
- Ask questions to learn more about pregnancy, your growing baby, and baby feeding
- If worried or you need support, ask your midwife or doctor
- Exercise regularly, eat healthy food, and sleep on your side
- Attend pregnancy information sessions to get ready for birth, baby feeding and parenting. You will also meet other parents-to-be. Ask your midwife or doctor for details

Scan here to learn more and contact local services >>

