

#1
of 10

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 during your pregnancy with information about staying healthy during pregnancy and baby feeding

What to do?

- Attend regular antenatal visits with your doctor or midwife
- Ask questions to learn more about your pregnancy, your growing baby, and baby feeding
- If worried or you need support, ask your midwife or doctor
- Aboriginal services can offer support to you and your family
- Exercise regularly, eat healthy food, and sleep on your side
- Attend pregnancy information sessions to get ready for birth, baby feeding and parenting

Scan here to learn more and contact local services >>

or call Child and Family Health Nurses on
1300 244 288 for more info

