

# There's a baby on the way!

Now there's one place to go for step-by-step information to help you and your baby get off to the best start



1. Find out what you need to do and when you need to do it
2. Create your own to do list and keep track of your progress
3. Get tips on keeping you and your baby healthy and safe
4. Make sure you're not missing out on financial help
5. Discover the people who can help you
6. Create your baby's official record

Having all this useful information in one place saves you time, and you can access it anywhere, anytime, on any device.

Check out SmartStart now and see all the really helpful resources there.

[smartstart.services.govt.nz](https://smartstart.services.govt.nz)

# Helpful contacts

My lead maternity carer is \_\_\_\_\_

Phone \_\_\_\_\_

My doctor is \_\_\_\_\_

Phone \_\_\_\_\_

Other \_\_\_\_\_

Phone \_\_\_\_\_

**PlunketLine**      **0800 933 922**

**Healthline**      **0800 611 116**

