



HEALTHY EATING

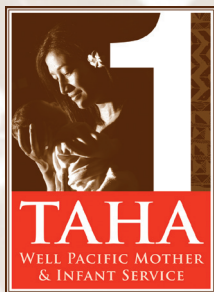
Healthy eating = healthy baby

Eating healthy foods helps you stay strong during pregnancy and supports baby's development in the womb to ensure the best possible start to their life. Foods rich in iron, folic acid and iodine are essential to baby's development.

TEEN PREGNANCY

Healthy eating
Smokefree
Pregnancy checks
Exercising
Family support

For more information please visit
www.taha.org.nz





SMOKEFREE

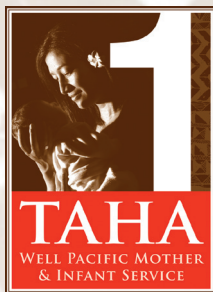
A smokefree pregnancy protects you and your baby's future

Being smokefree during and after pregnancy reduces the risk of stillbirth, low baby birth weight and other complications. Being smokefree also reduces the risk of Sudden Unexpected Death in Infancy (SUDI).

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PREGNANCY CHECKS

Part of taking care of yourself is seeing your midwife

It is important to ensure your pregnancy is going well and everything is fine with you and baby. Your doctor and/or midwife provides free check-ups during and after pregnancy and informs you of tests, screenings and antenatal education workshops that are available for most people in New Zealand.

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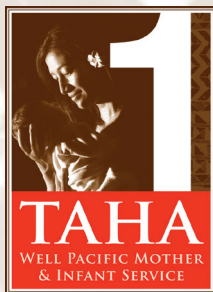
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MANATŪ HAUORA





EXERCISING

Taking care of yourself in pregnancy is important

Getting enough rest is important during pregnancy, but this does not mean avoiding exercise. Combined with a healthy nutritious diet, mild to moderate exercise helps to reduce the risk of raised blood pressure, diabetes and other conditions that may lead to complications during pregnancy. Check with your midwife or doctor before beginning a new sport or exercise.

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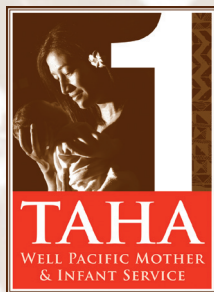
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MANATŪ HAUORA





FAMILY SUPPORT

Protecting baby

Support is really important when you are pregnant, let your partner, family member or friend know how you are feeling so they can support you effectively.

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