

It is best for your health to wait for 2 years between giving birth and getting pregnant again.



### Time Between Pregnancies

Take Folic Acid 400mcgs every day. Do this before you're pregnant and until you are 13 weeks pregnant. This is to help your baby to grow healthily



### Folic Acid

If you, your partner or family smoke, it is important to ask for help to quit.



### Stop Smoking

Get medical advice if: You have a long-term health condition. You take medication. You think you need pre-pregnancy screening.



### Health Checks

## Trying for a Baby/Planning a Pregnancy

### Contraception



Plan to stop using contraception. Some types of contraception can affect your menstrual cycle for up to 3 months.

### Stop Alcohol



Parents should stop drinking alcohol when trying for a baby, during pregnancy and reduce alcohol intake 12 months following birth

### Healthy Weight and Being Active



Being active and a healthy diet is important to maintain general health, emotional wellbeing and a healthy weight.

### Vaccinations



Check with your GP that you are up to date with your immunisations. This includes MMR, Covid-19 and Flu.

Click the resource you wish to view



## Time Between Pregnancies

[Trying for a Baby Factsheet](#)

[Plan your Postnatal Contraception](#)

[7 Steps To Help You and Your Baby](#)

[Your Choices When You Get Pregnant](#)

[Safe Spacing Between Pregnancies](#)



## Folic Acid

[NHS Folic Acid Supplementation](#)

[Healthy Eating and Vitamin Supplements in Pregnancy](#)



## Stop Smoking

[Stop Smoking in Pregnancy](#)

[Free 'Smoke free' app](#)

[Guide to Giving up Smoking](#)



## Health Checks

[Screening Tests for Sickle Cell and Thalassaemia](#)

[NHS Planning your Pregnancy](#)

[Screening for Hepatitis B, HIV and Syphilis](#)

[Infectious Diseases](#)

[Mental Health and Wellbeing](#)

[Mental Health and Planning a Pregnancy](#)



## Contraception

[NHS Contraception Guide](#)

[Trying For a Baby](#)

[LMS Pregnancy and Birth Choices](#)

[What Contraception is Right For Me?](#)

[Tommy's Planning a Pregnancy Toolkit](#)

[Tommy's Personalised Pregnancy Tips](#)

[Tommy's Pregnancy Wellbeing Plan](#)

[Let's Talk About Sex](#)



## Stop Alcohol

[No Amount of Alcohol in Pregnancy is Safe](#)

[NHS Drinking Alcohol in Pregnancy](#)

[What Alcohol Does to Your Body](#)



## Health Weight and Being Active

[Active Pregnancy Foundation](#)

[NHS Exercise in Pregnancy](#)

[Physical Activity Guideline for Pregnant Women](#)

[Eatwell Guide](#)

[Foods to Avoid in Pregnancy](#)

[Tommy's Tips for a Health Pre-Pregnancy Diet](#)



## Vaccinations

[Thinking of Getting Pregnant Leaflet](#)

[Pregnancy and Vaccinations](#)

[Tommy's Pregnancy and MMR Vaccination](#)