

BEING PREGNANT

Good things to do

You need to take extra care of yourself when you are pregnant.

You may have lots of mixed feelings. You might feel happy, excited, scared or worried. It's normal to have these feelings and it is good to talk about them.

You could join a group of other women who are pregnant or maybe talk to other women that you trust who have been pregnant. It is good to also talk to your family and friends about your feelings.



Stay active and exercise but talk to your doctor about what is safe. Some places have special exercise classes for pregnant women.

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Eat healthy food. Some foods are not safe to eat when you are pregnant. Talk to your doctor about what foods to stay away from.

Take a lot of rests. It is normal to feel more tired when you are pregnant.



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Things not to do

Smoking and drinking alcohol will hurt your baby. Try to stay away from places where other people are smoking as even this smoke can hurt your baby. Your doctor can help you to quit smoking.



Some medicines are very dangerous to a baby when it is growing inside you. Talk to your doctor about your medicines. Don't take any medicine or vitamins unless your doctor has said it is ok.

You can call Mothersafe on  (02) 9382 6539 if you are worried about a medicine or vitamin that you are taking.

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Who can help you

When you are pregnant you will see your doctor or a midwife. A midwife is a nurse who looks after pregnant women. They will help to make sure that you and your baby stay healthy.

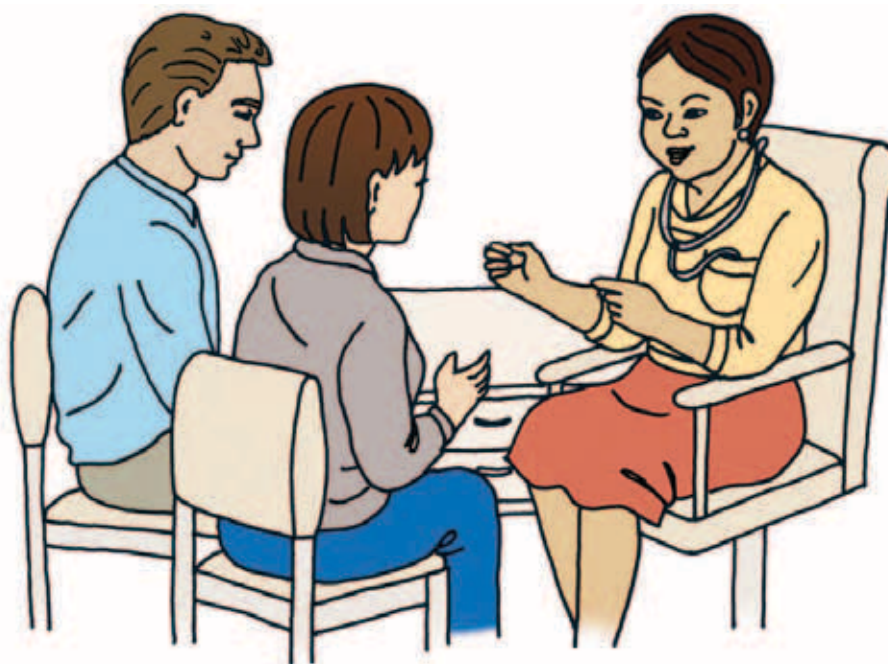
The doctor or midwife may suggest that you have tests to see how the baby is growing. They may be blood tests or a special x-ray called an ultrasound.



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There is a lot to learn when you are pregnant and your doctor or midwife will help you. It can be hard sometimes as there are a lot of things to remember and learn. It is ok to ask as many questions as you want to.

A social worker can help you. They can talk about your feelings and help you plan for when the baby arrives. Your support worker or midwife at the hospital can help you find a social worker.



Where can you find out more

There are many books about pregnancy. *Healthy Start for Me and My Baby* is a book for women with learning difficulties and the midwives who look after you before your baby is born. It helps you to learn about being pregnant. You can write in it and you can take it to your appointments.

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| Where can you find out more | | |
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| <p>Healthy Start For Me and My Baby A book for pregnant women with learning difficulties. You will need to purchase this book. The order form is on the website.</p> |   | <p>(02) 9351 9510</p> <p>www.healthystart.net.au</p> |
| <p>Mothersafe You can call Mothersafe if you are worried about a medicine or vitamin that you are taking.</p> |  | <p>(02) 9382 6539</p> |

Other fact sheets in this series you may want to read

ASKING QUESTIONS ABOUT YOU

BEING HEALTHY AND HAPPY

HEALTHY EATING

DECIDING TO BECOME A PARENT