# Can I see an Aboriginal worker?

Yes. You can see an Aboriginal Health Worker and a midwife. They will make sure you get the best pregnancy and baby care.

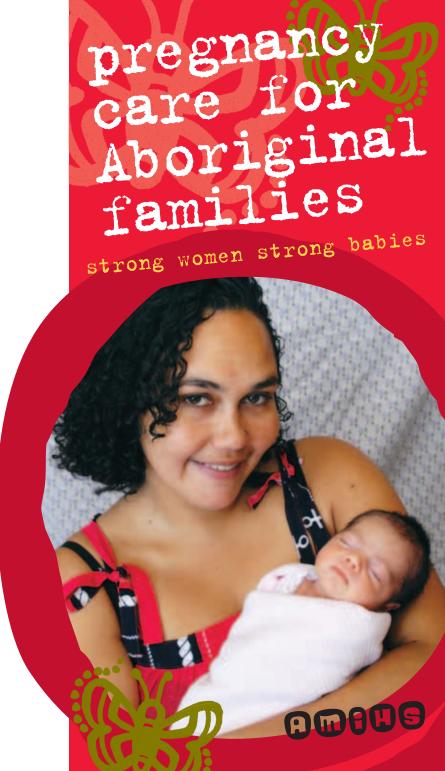
Do I need a referral from a doctor?

No. Just call or drop in. We can also visit you at home.

AMIHS is a free service.

All babies deserve the best start in life. Staying healthy during your pregnancy will help your baby grow strong and healthy.

Your local AMIHS is:





Strong women have strong babies.

Pregnant?
Start looking
after yourself
and your baby
now.

Visit your local AMIHS for good pregnancy and baby care.

"It was really good to have someone to talk to who knew me and who I trusted."

#### What is AMIHS?

AMIHS is the Aboriginal Maternal and Infant Health Service – it provides pregnancy and baby care for Aboriginal families in NSW.

AMIHS is a free service.

"It was great to have that friendly face - I didn't feel so scared."



#### What we do

- hospital bookings
- home visits
- advice about tiredness, nausea and vomiting
- info on what to expect in labour
- support through labour and birth
- organise GP and specialist care
- links to other services

## After your baby is born

- breastfeeding support
- advice on contraception
- parenting help

This service is for all Aboriginal families – it's a good safe place for mums, dads and babies.

### When should I come?

If you think you are pregnant – it's time to visit us.

We can help you in pregnancy and up to 8 weeks after the birth. That means your baby gets the best start in life.