My Pregnancy Journey – Before bump to baby

Planning a pregnancy – did you know?

Planning a pregnancy is a great time to go alcohol-free. Alcohol can harm the developing baby from conception. It is safest to stop drinking as soon as you start trying. Visit everymomentmatters.org.au for more information.

Going alcohol-free has benefits like better sleep, improved mental wellbeing, and less anxiety. Alcohol can affect male fertility too, so dads should avoid it while you are planning a pregnancy. Check out gethealthynsw.com.au for free support to reduce or quit alcohol.

*Smoking during pregnancy raises the risk of miscarriage and stillbirth. Quitting at any time lowers the risks. Now is a great time to quit smoking or vaping. For support, speak to your GP, midwife or call **13 QUIT (137 848)**.*

Eating well before and during your pregnancy helps support your baby's growth and your health. Healthy eating basics still apply during pregnancy, but there are certain nutrients you'll need more of and certain foods you should avoid. Visit www.healthyliving.nsw.gov.au/pregnancy-for-you to learn more.

Oral health is vital for you and your baby during pregnancy. Arrange a pre-pregnancy check-up with your dentist or oral health specialist. Eating a healthy diet and drinking plenty of water is essential for good oral health.

HEALTH LITERACY CCLHD CONSUMER FRIENDLY

FIRST TRIMESTER – Follow the fruit and vegetable of the week to see how big your baby is growing!

Week 1

Congratulations on your pregnancy!

Welcome to the amazing **First 2000 Days** of your baby's life! Follow these helpful tips to support a happy and healthy pregnancy, birth and beyond.

Scan to learn more about the First 2000 days.

Week 2

Vitamin D is very important during your pregnancy. Vitamin D helps absorb calcium from food to keep mum and baby's teeth and bones strong. Speak with your midwife or doctor about safely meeting your increased Vitamin D needs during pregnancy.

Week 3

There is no safe amount, no safe type and no safe time to have alcohol during pregnancy. Try this refreshing, alcohol-free option:

Watermelon and Mint Crush

Blend 1 cup of diced watermelon, juice of 1 lime, and 10 mint leaves. Strain over an ice filled glass and top with soda water. Garnish with mint leaves.

Week 4

Morning sickness can start very early in your pregnancy. It usually peaks at 6-12 weeks and starts to ease by 14 weeks. For some women, it can last longer.

About two-thirds of pregnant women have morning sickness. If you are worried, see your GP or midwife as soon as possible.

Poppy Seed

Week 5

It can be tough to say no to alcohol, especially when others don't know you're pregnant. If you don't want people to know, you might find it helpful to say:

- "No thanks, I'm on a health kick" or
- "No thanks, I have a big day tomorrow."

Scan for more tips.

Week 6

Quitting smoking and vaping at any time during your pregnancy helps your baby start life healthier.
Join the **iCanQuit** community for help to create a personalised Quit Plan.
Visit icanquit.com.au or try these free apps for practical tips:

My QuitBuddy

Pave: Your Path to Quit Vaping

Lentil

Week 7

Ready to start thinking about your maternity care plan? Speak to your GP to learn about your options.
The Aboriginal Pregnancy and Child and Family Health service, Ngiyang, provides culturally sensitive pregnancy care for Aboriginal mothers and families. Scan for maternity information or call Ngiyang on **02 4394 9148**.

Blueberry

Week 8

The Central Coast Local Health District has a specialist team for women. They help those who have used or are using alcohol and drugs during pregnancy and up to 2 years after giving birth. For more information, call the Substance Use in Pregnancy and Parenting Service on **02 4394 4880**.

Quandong

Week 9

Poor oral health can harm your pregnancy. It can also raise the risk of your child getting dental decay. Drinking water helps maintain oral health. For more tips, scan:

Grape

Week 10

The **Get Healthy Service** provides free health coaching. This support helps you stay healthy during pregnancy, birth and beyond.
Call **1300 806 258** Monday to Friday, 8am to 8pm or visit gethealthynsw.com.au

Free interpreter services available.

Kakadu plum

Week 11

Supporting your pregnant partner to avoid alcohol is crucial for a healthy pregnancy. Partners play an important role in supporting the health and wellbeing of mum and baby. **SMS4dads** provides helpful tips for new dads from 12 weeks of pregnancy until the baby turns one. For more information go to www.sms4dads.com.au.

Finger lime

Week 12

Keen to catch up with friends without alcohol? Try swapping a night out for a morning walk and breakfast. For a refreshing drink while hanging out, try, a non-alcohol option like sparkling water with fresh lemon or lime.

Lime

Week 13

Smoking during pregnancy is a major cause of stillbirth and miscarriage, but stopping at any time lowers the risks. Your doctor or midwife might suggest a breath test. This test checks for harmful carbon monoxide from smoke or faulty appliances.
Scan for more details.

Plum

SECOND TRIMESTER →

It is never too late to stop drinking alcohol during pregnancy. Throughout your pregnancy the baby is always developing and growing – everymomentmatters.org.au

Week 14

The **Safer Baby** initiative helps women learn how to lower their risk of stillbirth. They provide a bundle of resources and steps you can take to have a healthier pregnancy. For more information, visit www.saferbaby.org.au

Lemon

Week 15

To lower the risk of blood clots during pregnancy:

- stay active
- drink plenty of fluids
- wear compression stockings if recommended
- quit smoking.

Chat to your obstetrician, GP or midwife for more information

Apple

Week 16

***Antenatal Booking in appointment**

Vaccinations during your pregnancy are important. They help your body make antibodies that protect you and your baby. These antibodies are passed to your baby before they are born, keeping them safe during their first few months of life.

Avocado

Week 17

MotherSafe is a free counselling service. It helps women and their healthcare providers. They focus on concerns about exposures during pregnancy and breastfeeding.
This includes different medications and drugs. For more information visit: www.royalwomen.org.au/mothersafe or call **1800 647 848**

Turnip

Week 18

Weight gain during pregnancy is normal as baby grows and your body prepares to breastfeed. Gaining too much weight increases the risk of gestational diabetes, which might affect your baby's health later in life. Regular gentle exercise like walking or swimming, can support wellbeing and manage weight gain. Speak to your midwife or doctor.

Capsicum

Week 19

Ngiyang Aboriginal Pregnancy, Child and Family Health Service provides cultural support to Aboriginal women and families. The team includes Aboriginal health workers, midwives, child and family nurses and social workers. For more information, call **4394 9148**.

Scan to see how Ngiyang is supporting your baby's first 2000 days!

Week 20

Have a special occasion coming up? Get creative with refreshing alcohol-free options!

Red Cranberry Seltzer

Mix ¼ cup each of low sugar cranberry juice and no added sugar orange juice. Pour into 2 glasses over ice and top with mineral water.

Banana

Week 21

Your baby will continue to move every day, right up until birth. You will start to feel your baby move between 16 and 24 weeks of pregnancy.

If your baby is moving less or the movements feel weaker, contact your maternity healthcare professional or birthing suite immediately.
www.saferbaby.org.au

Mango

Week 22

Staying hydrated during pregnancy is important for you and your baby.
It can also help with common pregnancy side effects, such as constipation and can help you to feel more alert, improve concentration and boost energy levels. Aim for 8 glasses of water a day.

Stopping alcohol at any stage of pregnancy helps your health.
It also lowers the risk of harm to your growing baby.
Visit everymomentmatters.org.au for more information

NSW GOVERNMENT

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My Pregnancy Journey – From bump to baby

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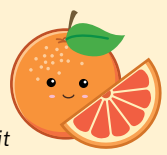
HEALTH LITERACY CCLHD CONSUMER FRIENDLY

Week 23

If it's difficult for you to stop drinking alcohol, know that you are not alone and that help is available. Speak to your GP, midwife, or obstetrician for support. You can also speak with the **Substance Use in Pregnancy and Parenting Service** (SUPPS) by calling **4394 4880**.



Grapefruit

Week 24

Baby Fact #1: The size of a woman's breasts has absolutely nothing to do with how well she can feed her baby – **the amount of milk is determined by how much your baby drinks.**

Keen to learn more about breastfeeding? Visit the Australian Breastfeeding Association www.breastfeeding.asn.au

Corn

Week 25

Everyone's Pregnancy, birth, and parenting experiences bring unique rewards and challenges. If you need support, talk to your GP.

PANDA – Perinatal Anxiety & Depression Australia – offers mental health support for parents during pregnancy and the first year. Visit www.panda.org.au or call **1300 726 306** for help for you or your partner.

Week 26

During pregnancy, it is recommended to limit your caffeine intake and avoid certain foods. Chat with your doctor or midwife and scan for more information.

Week 27

World FASD Day, on 9th September, raises awareness and support for fetal alcohol spectrum disorder (FASD).

Keep an eye out for FASD Day promotions around our hospitals and community health centres.

Visit NOFASD.org.au to learn more.

Cauliflower

THIRD TRIMESTER

Week 28

Sleeping on your side after 28 weeks can help prevent stillbirth. Start every sleep lying on your side (both for daytime naps and at night). If you wake up on your back, just roll over on your side. You can go to sleep on the left or the right side – either is fine. www.saferbaby.org.au.

Eggplant

Week 29

For healthy, quick and budget friendly meals and snacks, check out these great resources from the Nutrition Team at Central Coast Local Health District (CCLHD).

Butternut pumpkin

Week 30

Baby Fact #2: From the beginning of your pregnancy to now, your blood volume has about doubled. This ensures proper blood flow to the placenta. Drink plenty of water to support your total blood volume and put your feet up to ease tired legs.

Cabbage

Week 31

This exciting time brings many changes, not only for you, but also for other children in the family.

The **Raising Children Website** offers some good tips on how to prepare siblings for the arrival of a new baby.

Week 32

Thinking about breastfeeding your baby and interested in learning more?

Enrol in our FREE Online breastfeeding education session.

Week 33

Raising Children Network provides information on caring for babies – including safe sleeping. Scan to visit and learn more.

Pineapple

Week 34

Scan the code to take a virtual tour of **Gosford Hospital's Maternity Services.**

Week 35

The Australian Breastfeeding Association has developed the **Mum2Mum App** to provide expecting and new mums with breastfeeding information and support.

Week 36

No alcohol during pregnancy is safest for you and your baby. Need some creative inspiration?

Strawberry Spritzer

Blend 5 fresh strawberries, juice of 1 lime, 1 teaspoon of honey and 8-10 fresh mint leaves. Pour over an ice-filled glass and top with soda water. Garnish with fresh mint and enjoy!

Week 37

Deciding when to come to hospital may not be easy. Contact the Birthing Unit on **4320 3440**.

Assistance is always available – do not hesitate to phone day or night.

Week 38

Red Nose provides up-to-date recommendations on how to keep your baby safe while sleeping, and reduce the risk of sudden infant death. Scan to learn more about safe sleeping, or visit rednose.org.au.

Mini watermelon

Week 39

Babies who are exposed to tobacco or nicotine before and after birth are at an increased risk of sudden and unexpected death, including SIDS. For more information, visit icanquit.com.au/reasons-to-quit/family. Call **137 848** or ask your doctor, midwife or child health nurse for information and advice about quitting.

Pumpkin

Week 40

What to bring to hospital

- Comfortable clothes/pyjamas
- Tops you can breastfeed in if needed
- Underwear (black is ideal) and a size bigger than usual to fit maternity pads
- Maternity pads or disposable underwear and toiletries
- Snacks
- Items from home that will help you feel calm and relaxed (own pillow etc.)
- Clothes for baby – 3 long leg and long sleeves suits, 3 singlets, 3 wraps, nappies and wipes

It is important to avoid alcohol in the early weeks of breastfeeding to ensure your baby receives a good supply of milk and settles into a sleep-wake pattern.

Once breastfeeding is well established, the safest option is to avoid drinking alcohol. If you choose to drink occasionally while breastfeeding, the Australian Breastfeeding Association has developed a **Feed Safe app** to help you make the best decisions about breastfeeding and alcohol.

Scan for more information.

FOURTH TRIMESTER

First 7 days

Congratulations on your new baby!

Visit the Central Coast Local Health District's **Pregnancy and Parenting Resources** page to learn more about how to give your baby the best start in those first few days, including:

- Skin-to-skin bonding
- Breastfeeding support
- Drop-in clinic details
- Help with lactation
- Referral information for support services like Karitane and Tresillian

1–2 weeks

Child and Family Health Nurses support families with children aged 0-5 by offering services such home visits, drop-in clinics and breastfeeding support (no appointment needed).

They also provide clinic appointments for developmental health checks and support and guidance on growth, sleep, feeding, safety, behavior issues, and postnatal depression.

For more information, scan or call the intake line at **0429 070 468** to arrange a visit after 7 days.

2–4 weeks

Caring for a new baby is rewarding and it can also be hard work. It's important to be aware of your own mental health and wellbeing. **PANDA** offers a free online mental health checklist to see if what you're experiencing or observing in a loved one could be a reason to seek help. Scan the QR code for more information.

For support for new dads, **SMS4Dads** is a free text-message to help dads navigate their way through all these changes with info and tips to support them, their partner and their baby.

www.sms4dads.com.au.

4–6 weeks

Child and Family Health offer free childhood vaccination clinics. Scan below for details on when and where to access these drop-in clinics.

The Perinatal Intake Line **4328 7901** is a single point of entry to secondary services for families with children 0-5 years who require additional support or assistance with parenting issues such as:

- Behavioural issues for 3 to 5-year-olds, such as toilet training, tantrums, and fussy eaters.
- Sleep and settling
- Breastfeeding issues
- Stress and anxiety
- Distress and depression

6 weeks onwards

Life feeling busy? The Nutrition Team at CCLHD have developed resources to help you prepare quick, budget friendly and nutritious meals. Scan below to download.

Ngiyang run play groups at different locations on the Central Coast for Aboriginal mothers, babies and families. Aboriginal Health Workers and a Child and Family Health Nurse attend each of the community playgroups. For more information, please call Ngiyang on **4394 9148**.

The Child and Family Health team run parenting groups at the early childhood health centres. Every parenting group is attended by a Child and Family Health Nurse. Call **4328 7900**, Monday to Friday, 8am to 5pm.

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This written information is for guidance only; it does not replace advice from your healthcare provider.