

It is best for your health to wait at least 18 months 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](#)

[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](#)