

# Planning on having kids?

## Are You Ready?

There are some things you can do before pregnancy that will make a difference to the future health of your child.



Take a quick  
quiz now

to find out whether you're  
ready for pregnancy.



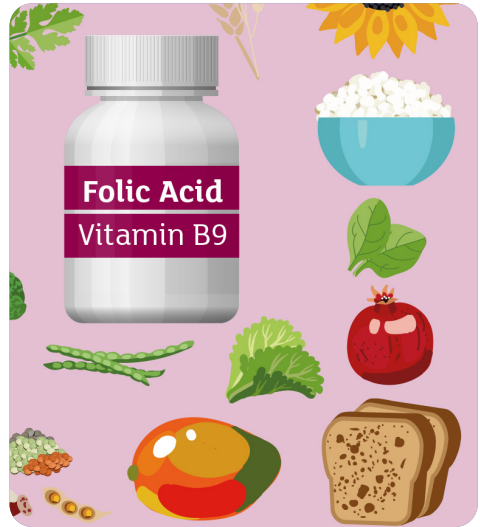
[tommys.org/planningforpregnancy](https://tommys.org/planningforpregnancy)

We lead research and transform care.  
We provide expert information and support  
throughout the pregnancy journey.

**Tommy's**

# Top 8 things to do when planning a pregnancy

- 1 Start taking folic acid now (2 months before stopping contraception if you can).
- 2 If you smoke, stop.
- 3 Avoid alcohol when you are trying for a baby. There is no known safe level in pregnancy.
- 4 Be physically active.
- 5 Cut down on caffeine.
- 6 Aim for a healthy weight (BMI of 18.5 and 24.9).
- 7 Eat well with at least 5 portions of fruit and veg a day.
- 8 If you're taking medication for any condition (including mental health) **don't stop** until you've talked to a health professional!



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