

# 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)

At Tommy's we're dedicated to finding causes and treatments to save babies' lives as well as providing trusted information and support.

# Tommy's

# Top 8 things to do before you get pregnant

- 1 Start taking folic acid now (2 months before stopping contraception if you can).
- 2 If you smoke, stop.
- 3 If you are overweight, try to bring your weight down.
- 4 Be active (exercise and in day to day life).
- 5 Try and 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.



To give feedback on this translation, please email [pregnancyinfo@tommys.org](mailto:pregnancyinfo@tommys.org)

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