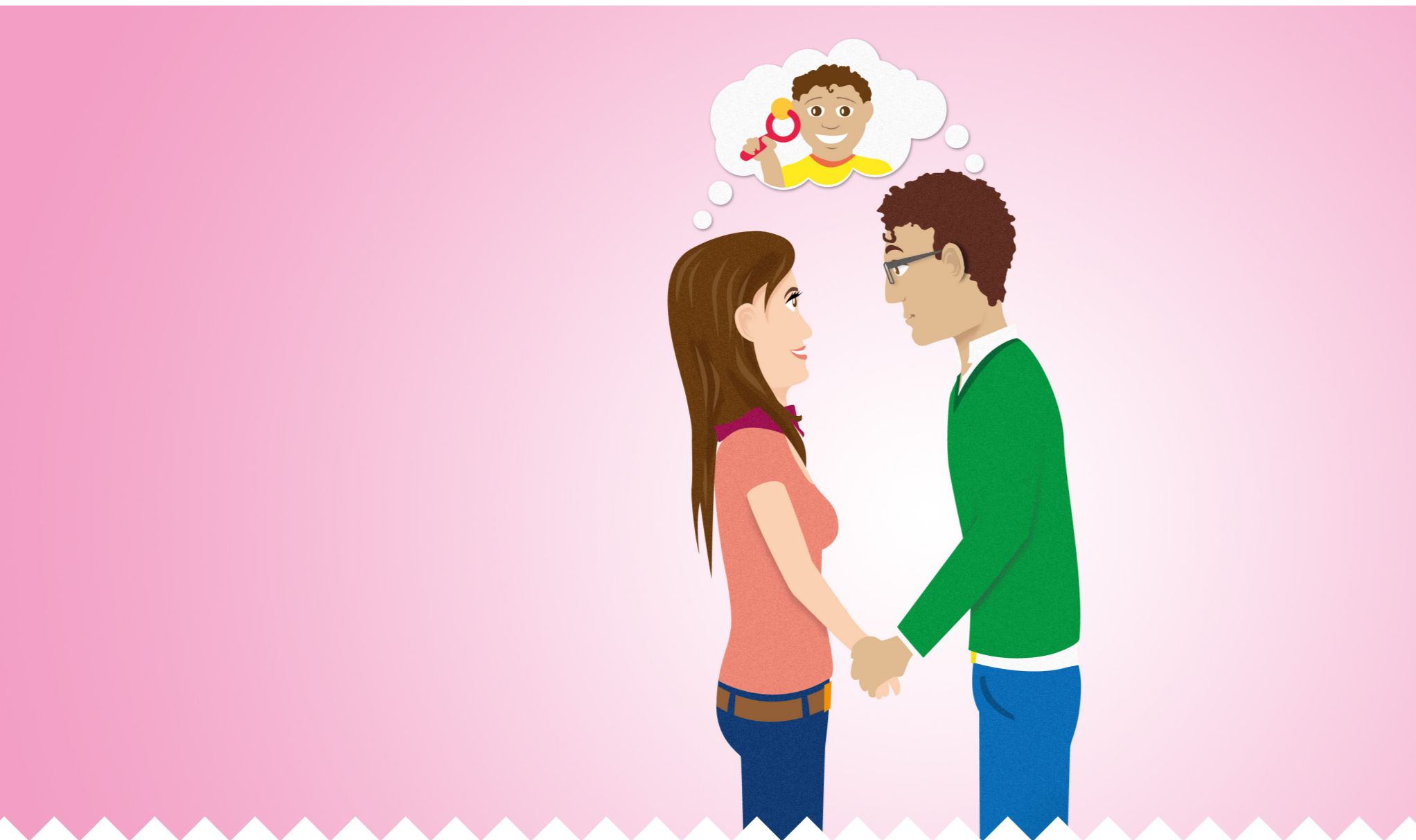




These are Kelly and Karim. They want to get pregnant.



Kelly and Karim want Kelly to be pregnant in six months' time.

1. Kelly and Karim want Kelly to be pregnant in six months' time.

Kelly and Karim want to have a baby.

They want their baby to be healthy.

This is why it is important that they start living healthy now.

They must not wait until they are expecting, but think about what they can do now.

If you want to have a baby, speak with your doctor or a midwife first.

This is very important.

A midwife is someone who helps during pregnancy and childbirth.

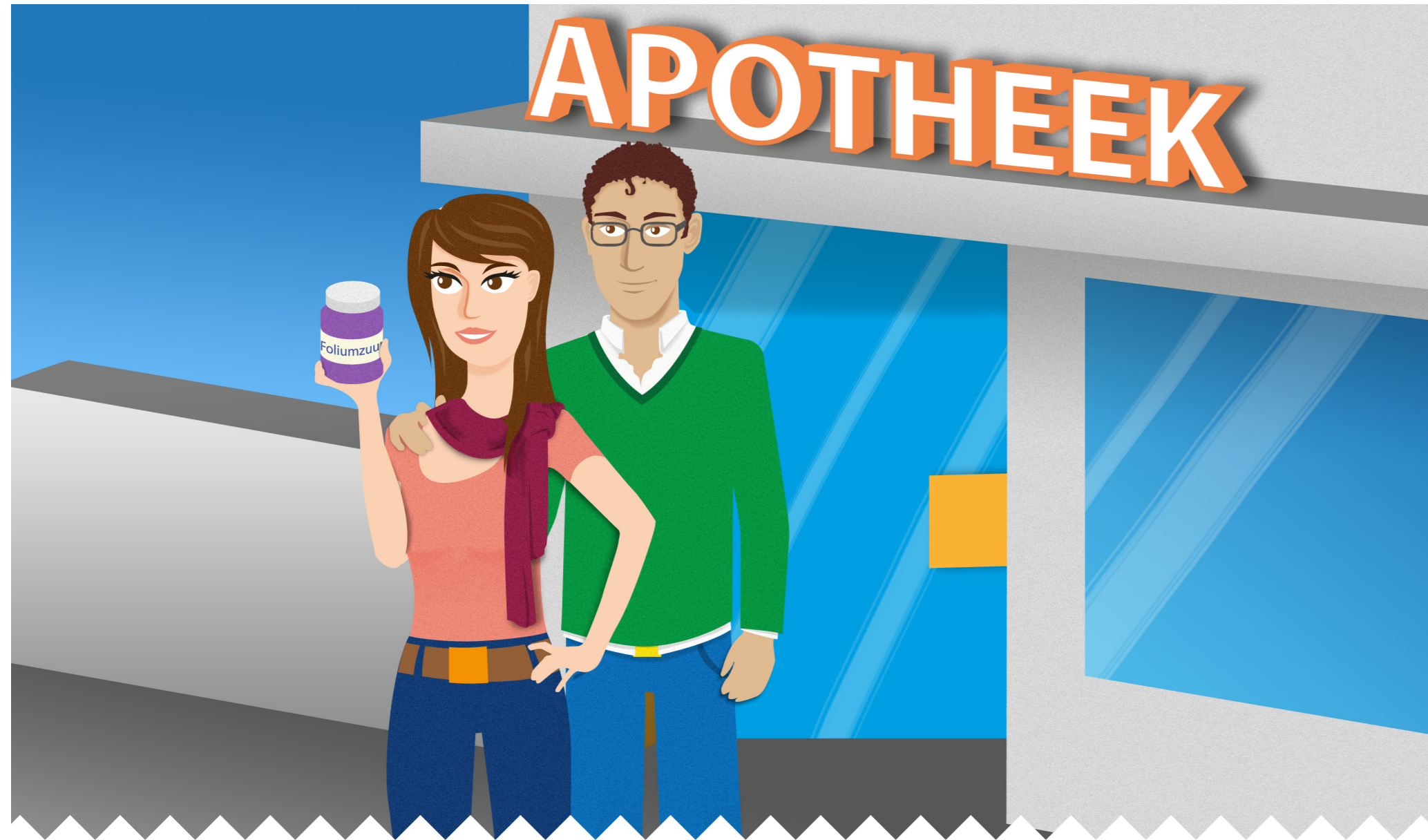
They also know what you should do if you're planning on conceiving in the next few months.

Ask friends, neighbours or acquaintances if they know of a good midwife in the neighbourhood.

Make an appointment straight away.

Looking for things you can do to maximize health before conception?

Then read this leaflet.



Kelly takes folic acid every day

2. Kelly takes folic acid every day

It is good for the baby growing in the womb if Kelly takes a special vitamin tablet. This vitamin is called folic acid.

Without folic acid, the baby has a greater chance of developing a severe disability. This is why it is very important that Kelly takes folic acid!

You can buy folic acid at a shop or pharmacy. You do not need a prescription from your doctor.

A jar or box costs about 3 euros. You should take 1 tablet per day.

It is important to start taking the folic acid tablets before you're pregnant.

You can stop taking folic acid once you're 10 weeks pregnant.



Kelly and Karim quit smoking, stop taking drugs and stop drinking alcohol

3. Kelly and Karim quit smoking, stop taking drugs and stop drinking alcohol

Kelly and Karim are not yet expecting. Still, it is important that they live healthy now.

Kelly needs to lead a healthy life, and so does Karim!

Smoking is unhealthy. It is important to stop smoking.

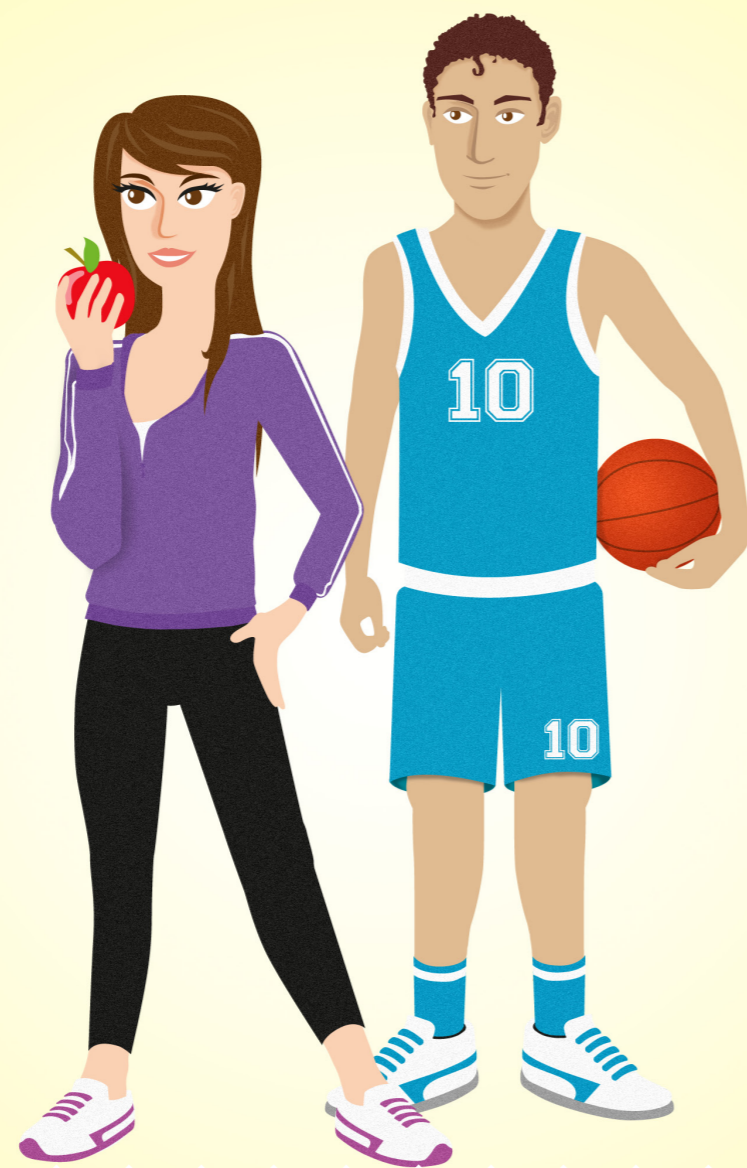
Alcohol is also unhealthy. So no more beer, wine or other alcoholic drinks!

Alcohol and smoking can make it difficult to get pregnant.

Smoking cannabis and other drugs are also bad for you, and bad for the baby growing in the womb.

It is important to stop smoking, taking drugs and drinking alcohol. Your doctor can help you.

A healthy lifestyle will help your baby grow. First in the womb, and then once it is born.



Kelly and Karim eat healthy and exercise every day.

4. Kelly and Karim eat healthy and exercise every day.

Food and Drink

Kelly and Karim eat lots of fruits and vegetables. They wash them well first. Furthermore, they eat whole-grain bread and yoghurt and they drink milk or buttermilk.

They always cook their meat and fish thoroughly!

Weight

Kelly and Karim are not too fat or too skinny.

They have a healthy body weight. This is important if you want to become pregnant. It is very healthy to walk, bike or play sports for 30 minutes every day.

Are you currently overweight?

Then you should lose some weight before becoming pregnant.

Are you currently underweight?

Then you should gain some weight before becoming pregnant.

Ask your doctor how.



Kelly and Karim ask their doctor about medication.

5. Kelly and Karim ask their doctor about medication.

Kelly has been ill for a while, so she has been taking medication. She's not sure if taking her medication is such a good idea if she wants to get pregnant.

She goes to the doctor and takes her medication along. The doctor will decide whether her medication will be a problem as she tries to get pregnant.

Perhaps you also take medication: tablets or liquids prescribed by your doctor, from the chemist or bought in a shop.

These medications are sometimes really necessary. You can ask your doctor for advice. Make sure you tell your doctor you want to become pregnant. Ask what you should do about your medication.



Sometimes the pregnancy does not go well

6. Sometimes the pregnancy does not go well

Kelly has been pregnant twice before. Things did not go well. This makes Kelly and Karim sad.

They do not want to go through it again. Kelly and Karim ask their doctor for advice.

**Have you had problems with pregnancy in the past?
Then you should speak with your doctor or midwife.**



Kelly and Karim both work. Kelly works in a laboratory and Karim works in construction.

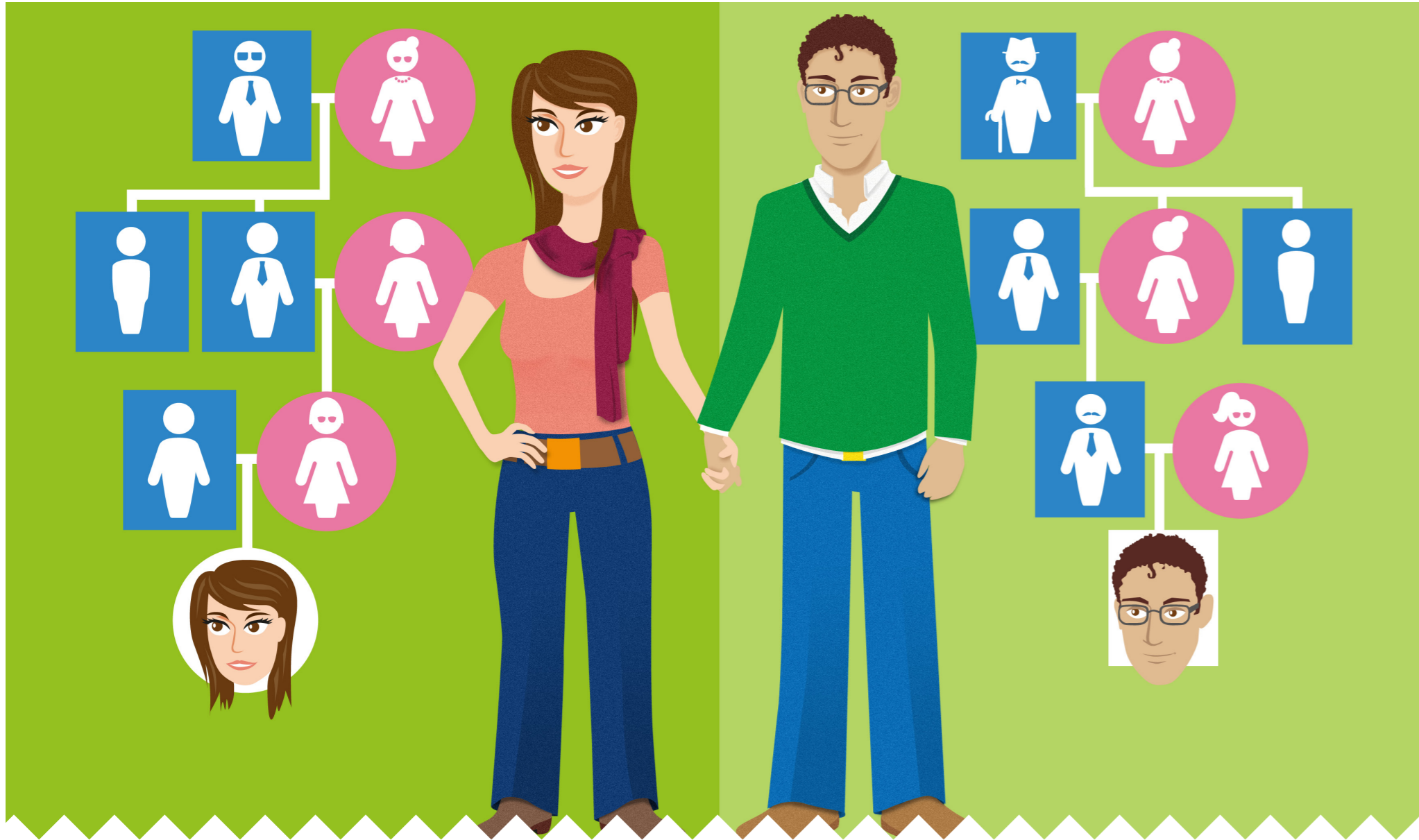
7. What is dangerous at work?

Kelly and Karim both work. Kelly works in a laboratory and Karim works in construction.

Some things at work can be dangerous if you wish to become pregnant or are already pregnant.

Chemical compounds, for example. You cannot see chemical compounds. Sometimes there are chemicals in paint or in cleaning products. You do not know exactly which compounds are used at your work.

Talk about this with the company doctor or with your midwife.



Kelly and Karim ask their relatives about any illnesses that run in the family.

8. Illness in the family

Kelly and Karim ask their relatives about any illnesses that run in the family.

Sometimes children get the same illnesses as their parents, aunts, uncles, grandfathers or grandmothers.

These conditions are called hereditary disorders.

For example, a previous child may have been born with a handicap, or someone else in the family may have a condition.

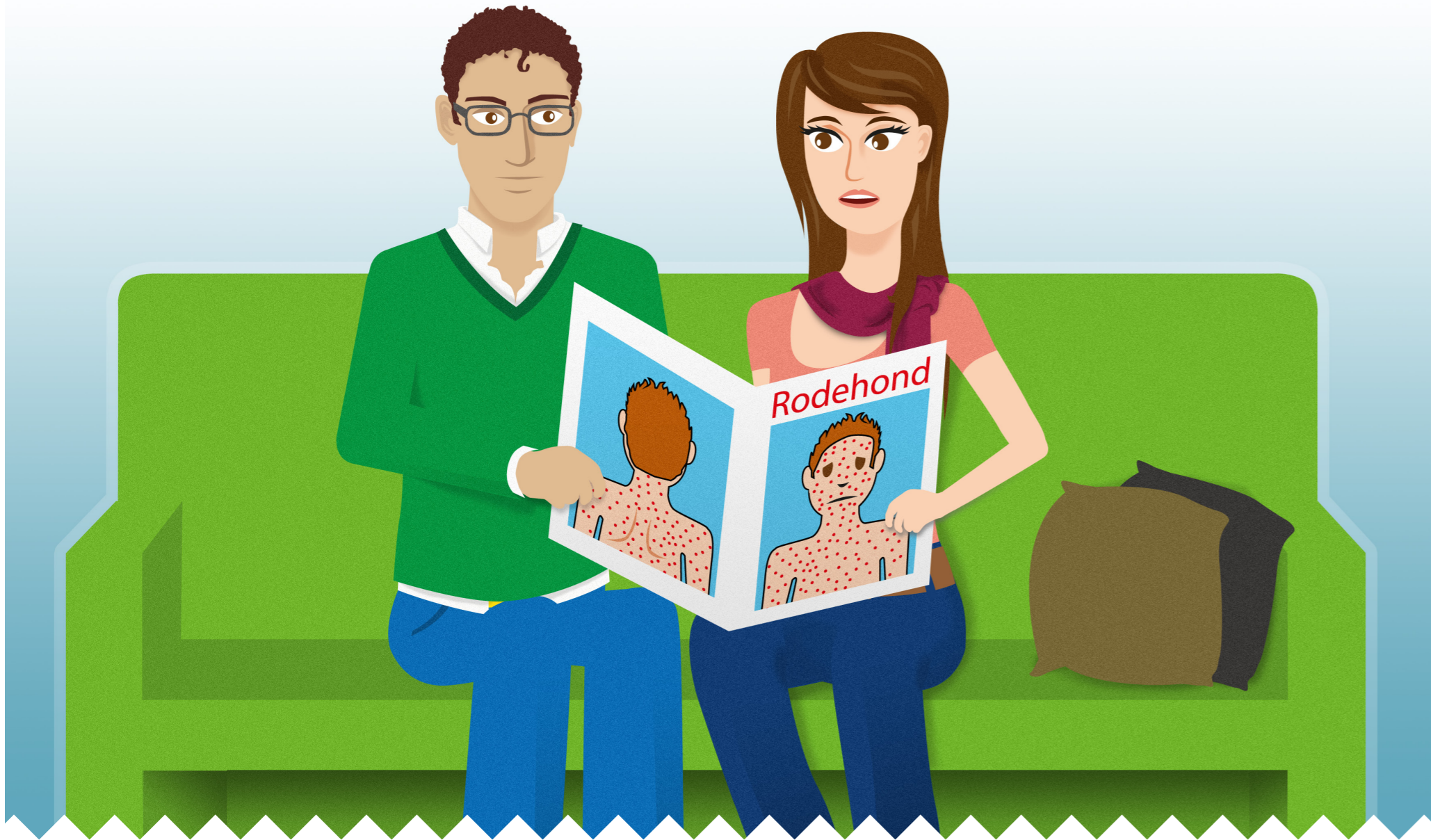
Sometimes anaemia can be hereditary. People with anaemia often have too little iron in their blood.

Your baby might also have this condition.

Stillbirths can also be caused by a hereditary disease.

Talk to your doctor about this.

Tell your doctor about the diseases in your family.



Kelly and Karim are careful not to catch rubella.

9. Beware of rubella!

Kelly and Karim are careful not to catch rubella.

Rubella is a disease. The child in the picture in the book has rubella.

Go to your doctor and ask if you have had a rubella jab.

Do not visit people if you know they have rubella.

See you doctor straight away if you:

- have a fever.**
- develop spots or sores on your body.**



Hooray! Kelly and Karim are expecting a baby!

10. Hooray! Kelly and Karim are expecting a baby!

Kelly and Karim are delighted that Kelly is now one month pregnant. They make an appointment straight away with the doctor and the midwife.

Once you are expecting, it is important that you talk to your doctor or midwife. You can make an appointment with a midwife in your neighbourhood.

The midwife helps with pregnancy and childbirth. They check the growth of the unborn child and the development of the mother's body. They measure blood pressure and check the baby's heart and the baby's position in the womb.

Do you want to get pregnant or are you pregnant now? Make an appointment right away with the midwife or with your doctor.