



The Pregnancy Book 2025



**Your complete guide
to:**

A healthy pregnancy

Labour and childbirth

The first weeks with your
new baby





Birth to five 2025



**This book gives you
information on:**

Becoming a parent

Taking care of yourself and
your child

Finding practical help and
support



Focus on alcohol

A guide to drinking and health

**REDUCE THE RISK
KNOW YOUR LIMITS**

GOOD NIGHT OUT

GET HOME SAFELY

SOCIAL DRINKING

CUTTING DOWN

MOUTH CANCER

DEHYDRATION

ROAD DEATHS

HEAD INJURIES

HANGOVER

ALCOHOL

ACCIDENTAL

FIRE DEATHS

LIVER DISEASE

TAKE CARE

OF YOURSELF

WEEKLY GUIDELINES

WHAT'S IN A DRINK?

HOW MUCH IS TOO MUCH?

PLANNING A PREGNANCY

HEART HEALTH

DRINKING AT HOME

PLANNING AHEAD

BLOOD PRESSURE

CALORIES

HARMFUL TO YOUR BABY

COUNTING UNITS



Public Health
Agency

**Quality Standards for Services Promoting
Mental and Emotional Wellbeing and Suicide
Prevention**

First published 1st April 2014

Updated March 2023



weaning made easy

moving from milk to family meals



Public Health
Agency

Vaping and synthetic cannabinoids

 Public Health
Agency

Help is at Hand

Support after someone may
have died by suicide in
Northern Ireland





Alcohol, drugs and older people



Public Health
Agency



The image is a composite. The top half shows a woman with long, wavy blonde hair, seen from the side and slightly from behind, wearing a black long-sleeved shirt. She is looking down. The bottom half is a close-up of a hand with blue-painted fingernails holding a lit cigarette. The background of the bottom half is dark and textured.

YOU, YOUR CHILD AND DRUGS

Pagination

- Page 1
- [Next page >>](#)

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