



# The Pregnancy Book 2024



**Your complete guide to:**

A healthy pregnancy

Labour and childbirth

The first weeks with your new baby



This book employs the terms 'woman' and 'mother'. These terms should be taken to include people who do not identify as women but who are pregnant. Similarly, where the term 'parents' is used, this should be taken to include anyone who has main responsibility for caring for a baby.

This book is given free to all expectant mothers. Because developments can be very rapid, significant changes will always be notified to doctors and other health professionals at once. They will then be incorporated into the text for the next reprint.



**Public Health Agency**

12-22 Linenhall Street, Belfast BT2 8BS.

Tel: 0300 555 0114 (local rate).

[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

Find us on:

