

Pregnancy Guide

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Whatever you want to know about getting pregnant, being pregnant or caring for your new baby, you should find it here. You'll find week-by-week guides, videos, health advice and information about your NHS pregnancy journey. Before you start, why not: work out when your baby is due with our due date calculator

[Pregnancy and baby guide - NHS](#)

Your complete pregnancy guide to every week of your pregnancy. Choose your week and read detailed informations about your pregnancy. In this post will get a resume for our Pregnancy Week by Week. Pregnancy Guide: Week 1

[Pregnancy Guide - Your Pregnancy Week by Week - The Wonder ...](#)

Pregnancy Whatever you want to know about being pregnant, from early pregnancy signs to which prenatal vitamins you should take, you should find it here. We're here to give you the essential guide and lots of free tools for having a healthy, happy baby.

Download Free Pregnancy Guide

[Pregnancy | Start4Life - NHS](#)

Not every pregnancy is the same, but the huge majority follow a distinct enough pattern for us to be able to create this useful week by week pregnancy guide. Want to find out your due date? Use our due date calculator here... 4 weeks pregnant

[Pregnancy Week by Week Guide | What You Should Know About ...](#)

Guide to exercising in pregnancy; Tiredness in pregnancy; Diet for a healthy pregnancy; The top 10 pregnancy symptoms and signs; Your antenatal appointments; 10 steps to a healthy pregnancy; 50 reasons to be glad that you're pregnant; Morning sickness (nausea and vomiting in pregnancy) Your booking appointment; Wind and bloating in pregnancy

[Early pregnancy guide - BabyCentre UK](#)

Guidance for healthcare professionals on coronavirus (COVID-19) infection in pregnancy, published by the RCOG, Royal College of Midwives, Royal College of Paediatrics and Child Health, Public Health England and Public Health Scotland. The impact of new evidence and changes in policy on the published guidance is reviewed on a weekly basis.

[Coronavirus \(COVID-19\) infection and pregnancy](#)

Pregnancy weeks 13, 14, 15, 16 At 14 weeks, the baby is about 85mm long from head to bottom. If you have been feeling sick and tired, you'll probably start to feel better when you're around 13 or 14 weeks pregnant. Find out what else is happening when you're:

[Your pregnancy week by week - NHS](#)

pregnant women with significant heart disease, congenital or acquired; other people who have also been classed as clinically extremely vulnerable, based on clinical judgement and an assessment of ...

[Guidance on shielding and protecting people who are ...](#)

This website provides reliable, evidence-based, and accurate information about use of medicines in pregnancy, in the form of freely available patient information leaflets called ' Bumps ' ('Best Use of Medicines in Pregnancy').

[bumps - best use of medicine in pregnancy](#)

Dairy foods such as milk, cheese, fromage frais and yoghurt are important in pregnancy because they contain calcium and other nutrients that you and your baby need. Choose low-fat varieties wherever possible, such as semi-skimmed, 1 percent fat or skimmed milk, low-fat and lower-sugar yoghurt and reduced-fat hard cheese.

[Healthy diet in pregnancy - NHS](#)

Our accredited midwife-led pregnancy information covers everything you need to know about having a healthy pregnancy from conception to labour and birth.

Download Free Pregnancy Guide

[Having a safe and healthy pregnancy | Tommy's](#)

Health & Pregnancy Guide When the pregnancy test comes back positive, you've begun a life-altering journey. As the baby grows and changes through each stage of pregnancy, you go through changes,...

[Health & Baby - Your Guide to a Healthy Pregnancy](#)

To find your due date, enter the date of the first day of your last period, and click 'show your due date' - the calculator will do the rest. Pregnancy normally lasts from 37 weeks to 42 weeks from the first day of your last period.

[Pregnancy due date calculator - NHS](#)

You must get proof of the pregnancy before you pay SMP. This is usually a doctor's letter or a maternity certificate (known as an MATB1 certificate). Midwives and doctors usually issue these 20...

[Statutory Maternity Pay and Leave: employer guide ...](#)

Dads' guide to pregnancy From the moment you decide to have a baby, to the day you hold your little one in your arms for the first time, our dads' guide to pregnancy will be with you every step of the way. Find out how your baby's developing, get tips on how to support your partner, and learn everything you need to know as a dad-to-be.

[Dads' guide to pregnancy - BabyCentre UK](#)

Your baby is a tiny ball – called a blastocyst – made up of several hundred cells that are multiplying quickly. 4 weeks pregnant Deep in your uterus, your baby is an embryo made up of two layers, and your primitive placenta is developing. 5 weeks pregnant

[Pregnancy Week by Week | BabyCenter](#)

Your baby's changing day by day, and your body is keeping pace. Find out what's going on and why, inside and out, with this week-by-week pregnancy calendar guide.

[Pregnancy Calendar: Your Pregnancy Week-by-Week](#)

These Q&As were updated on 14 October 2020 and relate to the Coronavirus (COVID-19) infection and pregnancy – guidance for healthcare professionals: Version 12 – 14 October 2020 published by the Royal College of Obstetricians and Gynaecologists, Royal College of Midwives and Royal College of Paediatrics and Child Health, with input from the Royal College of Anaesthetists, the Obstetric Anaesthetists' Association, Public Health England and Public Health Scotland.

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