




West Yorkshire and Harrogate Health and Care Partnership Local Maternity Neonatal System

‘Speak with a midwife’

Social media - organic post copy

	Suggested image	Suggested post copy	Alt Text for accessibility
1		<p>It's important to book an appointment with a midwife as early as possible to get the care, information, and support you need to have a healthy pregnancy.</p> <p>For more information on how to book an appointment visit speakwithamidwife.co.uk</p>	<p>Picture with text saying, “why should i start pregnancy care as soon as i find out I’m pregnant?” with an individual holding a positive pregnancy test. “Speak with a midwife” on bottom right all on an orange background. Top right NHS logo, top left West Yorkshire and Harrogate Health and Care Partnership Local Maternity and Neonatal System logo.</p>
2		<p>However you’re feeling, get the care you need by visiting speakwithamidwife.co.uk</p> <p>In most cases, a midwife appointment can be booked online.</p>	<p>Picture with text saying, “How can I book my first pregnancy care appointment?” with an individual holding a positive pregnancy test. “Speak with a midwife” on bottom right all on a light blue background. Top right NHS logo, top left West Yorkshire and Harrogate Health and Care Partnership Local Maternity and Neonatal System logo.</p>
3		<p>Your pregnancy care appointments can take place at a community venue, your GP practice, or a hospital.</p> <p>Visit speakwithamidwife.co.uk to book pregnancy care and learn about why it’s important to speak with a midwife as soon as you find out you are pregnant.</p>	<p>Picture with text saying, “Where do I go for my pregnancy care appointments?” with individual holding a positive pregnancy test. “Speak with a midwife” on bottom right all on a peach colour background. Top right NHS logo, top left West Yorkshire and Harrogate Health and Care Partnership Local Maternity and Neonatal System logo.</p>

4	 <p>West Yorkshire and Harrogate Health and Care Partnership Local Maternity and Neonatal System</p> <p>When should I start my pregnancy care?</p> <p>Speakwithamidwife.co.uk Speak with a midwife</p> <p>NHS</p>	<p>It's important to register for pregnancy care and book an appointment with a midwife as soon as you find out you're pregnant.</p> <p>They will answer any questions you have and give useful information to help you have a healthy pregnancy.</p> <p>Visit: speakwithamidwife.co.uk</p>	<p>Picture with text saying, "When should I start my pregnancy care?" with individual holding a positive pregnancy test. "Speak with a midwife" on bottom right all on a lilac background. Top right NHS logo, top left West Yorkshire and Harrogate Health and Care Partnership Local Maternity and Neonatal System logo.</p>
5	 <p>West Yorkshire and Harrogate Health and Care Partnership Local Maternity and Neonatal System</p> <p>Speak with a midwife</p> <p>What is pregnancy care?</p> <p>NHS</p>	<p>Pregnancy care is the care you receive while you are pregnant and helps to make sure you and your baby are as healthy as possible.</p> <p>It is important to book your appointment as soon as you find out you are pregnant.</p> <p>Visit: speakwithamidwife.co.uk</p>	<p>Picture with text saying, "What is pregnancy care?" with individual holding a positive pregnancy test. "Speak with a midwife" on top left all on a light blue background. Top right NHS logo, top left West Yorkshire and Harrogate Health and Care Partnership Local Maternity and Neonatal System logo.</p>



To help you to have a healthy pregnancy your midwife will talk to you about:

- Supplements and vitamins
- Nutrition, diet and physical activity
- Support available for things such as smoking and alcohol during pregnancy

For more information visit:
speakwithamidwife.co.uk

Picture with text saying, “What will happen at my first pregnancy care appointment?” with individual holding a positive pregnancy test. “Speak with a midwife” on top left all on a lilac background. Top right NHS logo, top left West Yorkshire and Harrogate Health and Care Partnership Local Maternity and Neonatal System logo.