

Antenatal Patient Resources

COVID

COVID 19 and pregnancy
www.nsw.gov.au/covid-19

Safer Baby in Pregnancy

Foetal movements
stillbirthcre.org.au

Foetal growth
stillbirthcre.org.au

Side sleeping
stillbirthcre.org.au

Medication safety

Mothersafe
www.seslhd.health.nsw.gov.au

Immunisations

Influenza & Whooping Cough
www.ncirs.org.au

COVID-19
www.health.gov.au

Drugs & Alcohol

Quit Smoking
stillbirthcre.org.au/parents/safer-baby/quit-smoking/

Physical activity & Exercise

Get Healthy
www.gethealthynsw.com.au

Pelvic floor exercises
www.continence.org.au

Food safety

Food Authority NSW
www.foodauthority.nsw.gov.au

Managing other symptoms during pregnancy

Haemorrhoids
www.pregnancybirthbaby.org.au

Morning sickness
www.pregnancybirthbaby.org.au

Varicose veins
www.pregnancybirthbaby.org.au

Reflux
www.pregnancybirthbaby.org.au

Dental care

NSW Health
www.health.nsw.gov.au

Getting ready for birth

Perineal massage
www.racgp.org.au

Labour and birth
www.health.nsw.gov.au/kidsfamilies

Newborn tests and immunisations

Hepatitis B
www.health.nsw.gov.au/immunisation

Vitamin K
www.nhmrc.gov.au

Newborn bloodspot screening
www.health.nsw.gov.au/kidsfamilies

Taking baby home

Becoming a parent
healthyfamilies.beyondblue.org.au

Safe sleeping
rednose.org.au/section/safe-sleeping

Breastfeeding
www.health.nsw.gov.au/breastfeeding
healthchat.swsphn.com.au

Car safety
roadsafety.transport.nsw.gov.au

Scan QR code
for direct links.

