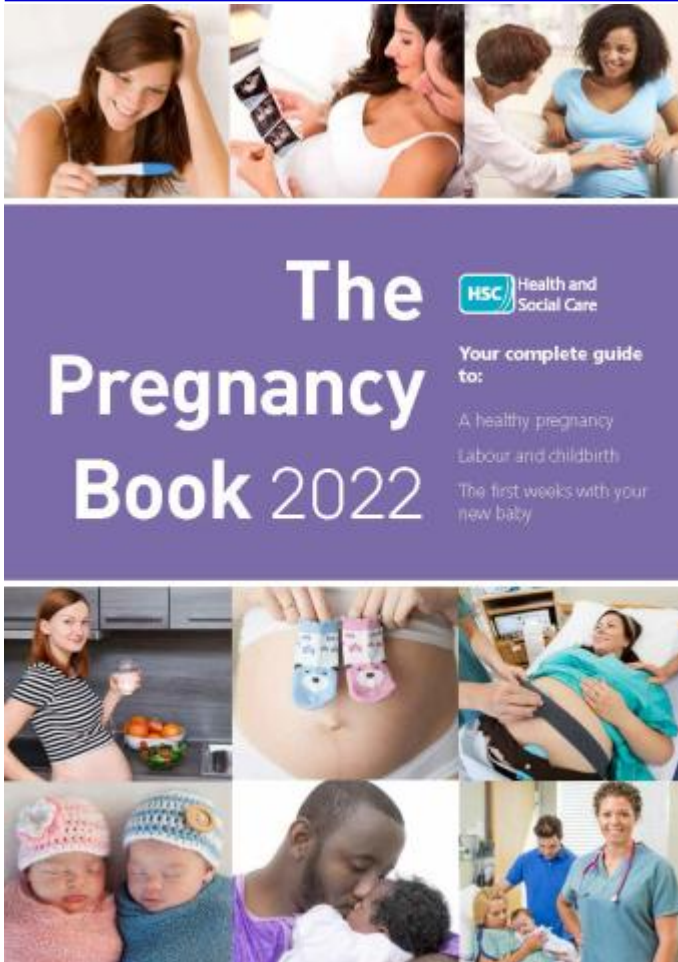


Wednesday, 30 March 2022

[Health and Social Wellbeing Improvement](#)



This book provides information on many aspects of pregnancy and a list of useful organisations. It is available to expectant mothers resident in Northern Ireland through primary care services (antenatal clinics, GPs or health visitors).

The book can be downloaded as a single document or by chapters.

**The 2022 online version has been amended to include new guidance on eating smoked fish in pregnancy as a result of a number of cases of listeria in the UK. The 2022 printed version does not include this but will be updated for the next print run.**

Please note this book does not include information on COVID-19 - please see [nidirect.gov.uk](https://www.nidirect.gov.uk) for current advice and [www.ni-maternity.com](http://www.ni-maternity.com) for advice on local maternity services.

## Details

Format

196 pages, A4 book

Target group

Expectant mothers

## Downloads

Attachment	Size
<a href="#">The pregnancy book introduction page 4.pdf</a>	73.58 KB
<a href="#">The pregnancy book 2022 contents pages.pdf</a>	45.06 KB
<a href="#">The pregnancy book 2022 your pregnancy at a glance pages 5 to 9.pdf</a>	2.23 MB
<a href="#">The pregnancy book 2022 chapter 1 pages 10 to 13.pdf</a>	2.33 MB
<a href="#">The pregnancy book 2022 chapter 2 pages 14 to 22.pdf</a>	1.19 MB
<a href="#">The pregnancy book 2022 chapter 3 pages 23 to 27.pdf</a>	621.95 KB
<a href="#">The pregnancy book 2022 chapter 4 pages 28 to 30.pdf</a>	85.28 KB
<a href="#">The pregnancy book 2022 chapter 5 pages 31 to 53.pdf</a>	5.98 MB
<a href="#">The pregnancy book 2022 chapter 6 pages 54 to 74.pdf</a>	1.62 MB
<a href="#">The pregnancy book 2022 chapter 7 pages 75 to 88.pdf</a>	402.03 KB
<a href="#">The pregnancy book 2022 chapter 8 pages 89 to 98.pdf</a>	333.08 KB
<a href="#">The pregnancy book 2022 chapter 9 pages 99 to 118.pdf</a>	495.75 KB
<a href="#">The pregnancy book 2022 chapter 10 pages 119 to 143.pdf</a>	1.18 MB
<a href="#">The pregnancy book 2022 chapter 11 pages 144 to 149.pdf</a>	133.03 KB
<a href="#">The pregnancy book 2022 chapter 12 pages 150 to 155.pdf</a>	481.77 KB
<a href="#">The pregnancy book 2022 chapter 13 pages 156 to 161.pdf</a>	236.23 KB
<a href="#">The pregnancy book 2022 chapter 14 pages 162 to 175.pdf</a>	631.6 KB
<a href="#">The pregnancy book 2022 chapter 15 pages 176 to 178.pdf</a>	91.53 KB
<a href="#">The pregnancy book 2022 chapter 16 pages 179 to 183.pdf</a>	124.21 KB
<a href="#">The pregnancy book 2022 chapter 17 pages 184 to 186.pdf</a>	105.51 KB
<a href="#">The pregnancy book 2022 chapter 18 page 187.pdf</a>	60.18 KB
<a href="#">The pregnancy book 2022 glossary of useful terms pages 188 to 191.pdf</a>	46.76 KB
<a href="#">The pregnancy book 2022 useful organisations pages 192 to 193.pdf</a>	60.04 KB
<a href="#">The pregnancy book 2022 index pages 194 to 196.pdf</a>	34.15 KB
<a href="#">preg book complete April 2022.pdf</a>	17.7 MB

## Tags

- [pregnancy](#)
- [feeding](#)
- [breastfeeding](#)

[Print](#)