



Birth to five 2022



Health and
Social Care

**This book gives you
information on:**

Becoming a parent

Taking care of yourself and
your child

Finding practical help and
support



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.

This book does not include information on COVID-19 – see **nidirect.gov.uk** for current advice and **ni-maternity.com** for advice on local maternity services.