## Planning on having kids?

## Are You Ready?

There are some things you can do before pregnancy that will make a difference to the future health of your child.



Take a quick quiz to find out whether you're ready for pregnancy.

tommys.org/planningforpregnancy

**Tommy's** exists to save babies' lives. We fund research to prevent stillbirth, premature birth and miscarriage. We also provide pregnancy information to help parents to have a healthy baby.

In partnership with











Tommy's
Funding research
Saving babies' lives

Pregnancy
Your chances of having a healthy
pregnancy will be affected by
your health and lifestyle. Take
this quiz to see how you're doing
and find out what you can do to

mprove your chances.