



His Pre-Pregnancy Checklist

- Visit to family doctor for check-up and to discuss health history and problems
- Update Pertussis (Whooping Cough) and Influenza (Flu) vaccination
- Weight in the healthy range
- Regular exercise
- Minimise alcohol and quit smoking
- Healthy balanced diet
- Find out family history, and...
- ... Seek advice on any potentially inherited health problems
- Find work entitlements for parental leave and pay
- Make sure your partner/wife has done her checklist!

