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# Planning a pregnancy

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## Advice and support for parents-to-be

If you are planning a pregnancy:

- Taking [folic acid](#) helps to reduce the risk of problems as your baby develops in the early weeks. In Blackpool, you can get free pregnancy vitamins from your [local Family Hub](#).
- It is the best time to make other lifestyle changes too, such as stopping smoking. Advice for this is available via the [NHS Stop Smoking Services](#) and support from your local Family Hub is available
- It is key to not drink alcohol during pregnancy. Advice and support on this is available [via the NHS website](#), or visit your local Family Hub for support
- If you are looking for tips on how to stay healthy during your pregnancy, you can get advice on [healthy diet on the NHS website](#) and for tips on staying active, find out more about [Active Blackpool](#)

If you're thinking about having a baby, visit [Blackpool Better Start's page](#) for advice.

There are things you can start doing now to improve the health of your future pregnancy and children. A great place to start to find out what will help you is [Tommy's Tool](#).

For more information, you can also visit the NHS website and find out more through [Start4Life - Pregnancy](#).

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