



Nurture Mum

Supporting precious early days

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   [nurturemum](https://www.instagram.com/nurturemum)

NUTRITION AND LIFESTYLE MATTERS FOR LIFELONG HEALTH

The *First* **1000+** days

Promoting health of mum and baby from the very beginning. Reducing risk of complications in pregnancy, during labour and your child's risk of health issues including obesity and allergies.

Expert led practical tips and guidance from preconception to toddlerhood

PRECONCEPTION CHECKLIST



Check you and your partner's BMI, ensure they are within a healthy range



You and your partner should aim for 150 minutes moderate exercise per week



Talk to your GP about existing health conditions (if you have diabetes ensure you have good glycaemic control)



Get your bloods checked, including your vitamin D level



Take folic acid at least 3 months before trying to conceive (ask your GP or pharmacist about the dose you require)



Think about ways to reduce your stress levels

PREGNANCY CHECKLIST



Monitor weight gain



Aim for 150 minutes of moderate exercise per week



Don't avoid allergenic foods (unless you have an allergy)



Go for plenty of prebiotics and probiotics in your diet



Eat 2 servings of oily fish each week



Aim to eat at least 5 pieces fruit and vegetables per day



Continue to take folic acid at the same preconception dose until week 12, then take 400µg daily for the rest of the pregnancy



Take a vitamin D supplement

YEAR 1 CHECK LIST



Every feed of breast milk provides a benefit to mum and baby

Remember breastfeeding is supported by law in Ireland, know your rights, talk to your employer about your options

If you choose to bottle feed your baby, consider "paced feeding" method



Include a wide variety of food while breastfeeding, ensure you keep up with extra energy requirements



Introduce solids at around 6 months (starting with bitter tasting foods, vegetables not fruit)



Include potentially allergenic foods in your baby's diet (especially when introducing solids)

The founder of Nurture Mum, Kathy Whyte has a background in midwifery, nutrition and preventative health, is passionate about developing healthy lives, translating science to practical and meaningful advice during the First 1000+ days. Nurture Mum offers talks, seminars and workshops in workplaces, pharmacies, at wellness events and is a regular contributor to social and traditional media

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