Bradford District and Craven Health and Care Partnership

ACTasONE

Social media content calendar – Help for you and baby

Suggested copy	Graphic	ALT text
Did you know there's help for you and your baby? Visit helpforyouandbaby.org for free advice and support on how you and baby can stay healthy during pregnancy, labour, and after your baby is born.		Did you know there's help for you and baby? Help and support during pregnancy, labour and after your baby is born is available…
The Help for you and baby website can help you track key tests and checks during… Pregnancy Labour After your baby is born Visit helpforyouandbaby.org		
Visit helpforyouandbaby.org to track important tests and checks you'll have during pregnancy and after your baby is born. Ask your midwife about RSV at your next appointment.	Download in English, Urdu, Punjabi, Bangla, Polish, Czech and Slovak	

Did you know there's help for you and your baby? Book an appointment with a midwife as soon as you find out you are pregnant. Visit helpforyouandbaby.org to track important tests and checks.		