



Week 30 onwards

Find out about keeping healthy and well from week 30 of your pregnancy until your baby is born. You'll also find information about what you need to do to prepare for baby's arrival.

Transcript ▾

Jane and Pat are 36 weeks pregnant. Find out how about how they are preparing for [labour and birth](/your-health/pregnancy-and-kids/birth-and-afterwards/labour-and-birth) and some of the choices in their [birth plan](/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/getting-ready-baby). Hear how [antenatal classes](/your-health/pregnancy-and-kids/services-and-support-during-pregnancy/learning-about-pregnancy-birth-and-parenting) helped Pat and Jane [prepare for baby's arrival](/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/getting-ready-baby). Jane explains why she plans to [breastfeed](/your-health/pregnancy-and-kids/first-year/helpful-advice-during-first-year/breastfeeding-perfect-you-and-your-baby) her baby and talks about [preparing during pregnancy](/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/breastfeeding-preparing-during-pregnancy).

Stay healthy for you and your baby by [eating safely and well](/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/eating-safely-and-well-during-pregnancy) and [being active](/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/being-active-during-pregnancy). [Avoid alcohol, smoking and drugs](/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/avoid-smoking-alcohol-and-drugs).

Most women feel some [aches and pains](/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/common-complaints-pregnancy) during their pregnancy but sometimes there are [problems during pregnancy](/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/danger-signs-during-pregnancy) that need urgent medical attention.

Now is a good time to start thinking about which [general practice](/your-health/pregnancy-and-kids/services-and-support-you-and-your-child/your-childs-doctor-and-practice-nurse) (doctor and practice nurse) you would like to enrol your baby with. It's important to enrol your baby at birth or as soon as possible after that so they can get their first immunisations on time and be able to get health services if they are needed.

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