



Weeks 0 to 14

Find out about keeping healthy and well during the first 14 weeks of pregnancy.

Transcript ▾

Chrissie and Vika share their pregnancy story. Hear Vika's reaction when he found out Chrissie was pregnant (</your-health/pregnancy-and-kids/services-and-support-during-pregnancy/finding-out-if-youre-pregnant>) and the advice he has for dads-to-be (</your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/advice-dads>). Find out what Chrissie wanted when she chose her midwife (</your-health/pregnancy-and-kids/services-and-support-during-pregnancy/choosing-midwife-or-specialist-doctor>), Ngaire. Watch as Ngaire explains screening tests and scans (</your-health/pregnancy-and-kids/pregnancy/weeks-0-14/screening-tests-and-scans-week-0-14>) and gives Chrissie and Vika advice about eating well (</your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/eating-safely-and-well-during-pregnancy>), being active (</your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/being-active-during-pregnancy>), taking supplements (</your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/folic-acid-iodine-and-vitamin-d>) and avoiding alcohol, smoking and drugs (</your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/avoid-smoking-alcohol-and-drugs>).

Many women feel sick or throw up (vomit) during pregnancy. Although it's called 'morning sickness' (</your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/morning-sickness>), it can happen at any time of the day. It's usually worse during the first 3 months of pregnancy.

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.

If you are having twins, triplets or more (</your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/twins-triplets-or-more>), find out about the types of twins, the maternity care you'll receive, what you need to think about before the birth, and where you can get help and support.

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