Answer sheet – refer to the GDHR lesson plan for further details

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| **Decreases chances of having a healthy baby**  |
| **Get botox** | **Take breaks** |
| **Smoke cigarettes** | **Work long hours** |
| **Regularly drink** **wine or beer** | **Eat any food you want** |
| **Relax with a hot bath or sauna** | **Clean your cat’s litter tray** |
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| **Increases chances of having a healthy baby** |
| **Attend appointments and do blood tests the doctor or midwife recommends** | **Consider taking a vitamin supplement** **(e.g. folate)** |
| **Get necessary vaccinations** | **Attend preparing for baby and birth classes** |
| **Eat a lot more food than you usually would** | **Visit your doctor** |
| **Avoid lifting heavy objects** | **Drink lots of water** |
| **Plenty of sleep** | **Take breaks** |
| **Visit the dentist** |  |