

Planning on having kids?

Are You Ready?

There are some things you can do before pregnancy that will make a difference to the future health of your child.



Take a quick quiz to find out whether you're ready for pregnancy.
tommys.org/planningforpregnancy

Tommy's funds and conducts pioneering research into the causes and prevention of baby loss and provides expert pregnancy information to make pregnancy safer for everyone, no matter who they are or where they live.

In partnership with



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