

# Making sense of information overload!

Welcome to pregnancy. There is a lot of information to get your head around!

There are conversations to have with family, friends and health professionals as well as information rich sources such as books and websites.

[www.maternity-matters.com.au](http://www.maternity-matters.com.au) was built to link you to good sources of information as well as attempting to answer commonly asked questions. Please have a look through the resources, which include blogs, video clips and hyperlinks to other sites. The following topics are particularly relevant to you and/or your stage along the pregnancy journey.

Stage of pregnancy or location of blog or website hyperlink	Recommended blogs or specific information (they may be on multiple pages)	Recommended websites (links may be on multiple pages)
Before pregnancy	<input type="checkbox"/> Making a baby, let's start with the basics	<input type="checkbox"/> Royal Women's Hospital (RWH)
	<input type="checkbox"/> Travel in pregnancy	<input type="checkbox"/> Pregnancy, birth & baby (PBB)
	<input type="checkbox"/> Genetic testing options to consider before falling pregnant	<input type="checkbox"/> Australian Breastfeeding Association (ABA)
	<input type="checkbox"/> Smoking is bad for you and for baby. Please quit.	<input type="checkbox"/> Quitline <input type="checkbox"/> Quit for you - Quit for two
Early pregnancy	<input type="checkbox"/> Recommended tests in early pregnancy	<input type="checkbox"/> RWH <input type="checkbox"/> Mater Mother's Hospital (MMH)
	<input type="checkbox"/> Early ultrasound testing	
	<input type="checkbox"/> Screening tests, diagnostic tests – is there a difference? Does it matter?	<input type="checkbox"/> Raising children <input type="checkbox"/> PBB <input type="checkbox"/> Pregnancy and exercise <input type="checkbox"/> Food safety
	<input type="checkbox"/> Influenza vaccination in pregnancy	<input type="checkbox"/> Quit smoking support <input type="checkbox"/> Pregnancy and alcohol
	<input type="checkbox"/> Whooping cough vaccination in pregnancy	<input type="checkbox"/> ABA <input type="checkbox"/> Pelvic floor
	<input type="checkbox"/> Morning, noon and night sickness....	<input type="checkbox"/> Centre of Perinatal Excellence (COPE)
	<input type="checkbox"/> Exercise in pregnancy	<input type="checkbox"/> Mind the Bump
	<input type="checkbox"/> Antenatal education	<input type="checkbox"/> Birth Beat
	<input type="checkbox"/> Genetic testing options to consider in early pregnancy	

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	<input type="checkbox"/> Travel in pregnancy	<input type="checkbox"/> CDC
	<input type="checkbox"/> Vaccination facts and fiction	<input type="checkbox"/> NCIRS <input type="checkbox"/> SKAI
	<input type="checkbox"/> Relax, it is (almost always) ok to enjoy sex during pregnancy	<input type="checkbox"/> Sexual health Australia
Mid-pregnancy *	<input type="checkbox"/> We need to talk about baby's movements	<input type="checkbox"/> Movements matter <input type="checkbox"/> Still aware <input type="checkbox"/> Tommy's
	<input type="checkbox"/> What to do with all of that advice!	<input type="checkbox"/> PBB <input type="checkbox"/> Possums online <input type="checkbox"/> Raising children <input type="checkbox"/> Triple P <input type="checkbox"/> What were we thinking? <input type="checkbox"/> Mind the bump
Late pregnancy *	<input type="checkbox"/> It really does take a village to raise a child	<input type="checkbox"/> What were we thinking? <input type="checkbox"/> Parentline <input type="checkbox"/> PBB <input type="checkbox"/> Raising children <input type="checkbox"/> Possums online <input type="checkbox"/> COPE <input type="checkbox"/> Playgroup
	<input type="checkbox"/> Tongue-tie	<input type="checkbox"/> Raising children <input type="checkbox"/> Better Health <input type="checkbox"/> Speech Pathology Australia <input type="checkbox"/> Possums online
	<input type="checkbox"/> Priorities. Slow. Easy. Kind.	<input type="checkbox"/> Parentline <input type="checkbox"/> COPE

\* See relevant blogs and sites mentioned under "early pregnancy" as well

Further recommendations:

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