

# Ready Steady Baby!

## goes mobile



*Ready Steady Baby!* – NHS Health Scotland’s guide to pregnancy, birth and early parenthood – is now available as a smartphone app. So it’s even easier for women and their partners who are planning a baby, pregnant or who have a baby under 1 year old to access trusted, reliable advice from the NHS.

### Features

- Pregnancy timeline lets women keep track of how their body changes through pregnancy and their baby is developing.
  - Week-by-week notifications cover everything from folic acid to exercise and infant feeding.
  - Helpful ‘Did you know?’ tips are given in a chatty and friendly tone.
  - Short practical videos show how to breastfeed effectively, communicate with baby, and more.
- Contains easy-to-read pages of trusted NHS guidance on pregnancy and the health of parents and their babies.
  - Offers women’s partners the opportunity to be included in the pregnancy journey and prepare for parenthood.
  - Supplements the pregnancy and maternal health information health professionals give pregnant women at a time when they are motivated to improve their health.



The *Ready Steady Baby!* book, provided free to Health Boards by NHS Health Scotland, will continue to be given to pregnant women at their antenatal booking appointments.

Scan the Quick Response (QR) code with your mobile phone QR scanner\* to find out how to get the free Ready Steady Baby! app. Or go to [www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk) to find out more.

\* QR scanners are available to download to your smartphone for free from most app stores



[www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk)