



# Every pregnancy has its ups and downs

The **My Pregnancy** book will guide you through every step

**It's normal to feel excited, worried, a bit down or lonely during pregnancy. A lot is happening for you.**

You can read more about this and all other aspects of pregnancy in the HSE's FREE My Pregnancy book, available from your midwife, or on [mychild.ie/books](https://mychild.ie/books).

You'll find expert practical and easy-to-understand advice from doctors, midwives, public health nurses, dietitians and many more experts.

And always talk to your doctor, midwife or public health nurse if you have any concerns.

**mychild.ie**

Expert advice for every step of pregnancy, baby and toddler health



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service