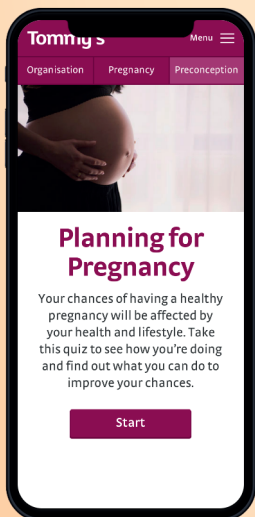
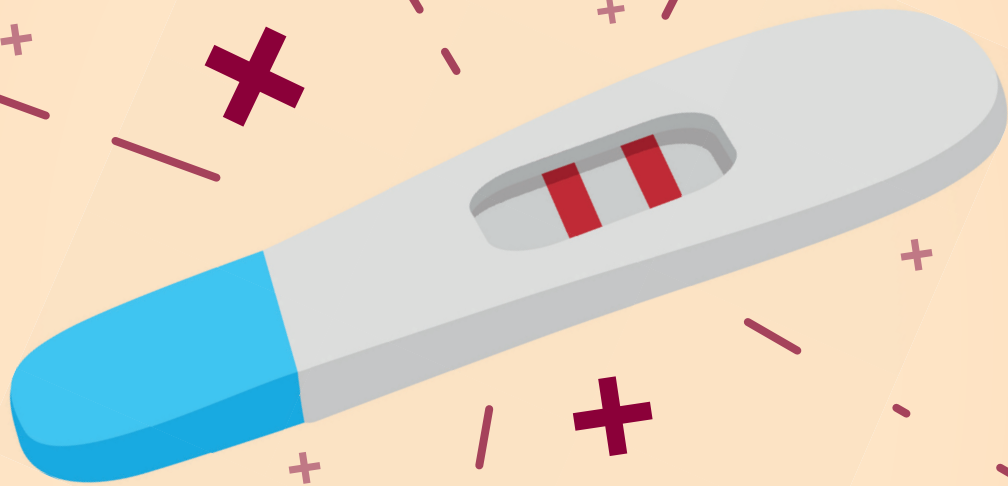


Planning on having kids?

Are You Ready?

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

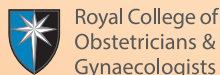


Take a quick quiz to find out whether you're ready for pregnancy.

tommys.org/planningforpregnancy

Tommy's exists to save babies' lives. We fund research to prevent stillbirth, premature birth and miscarriage. We also provide pregnancy information to help parents to have a healthy baby.

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Funding research
Saving babies' lives