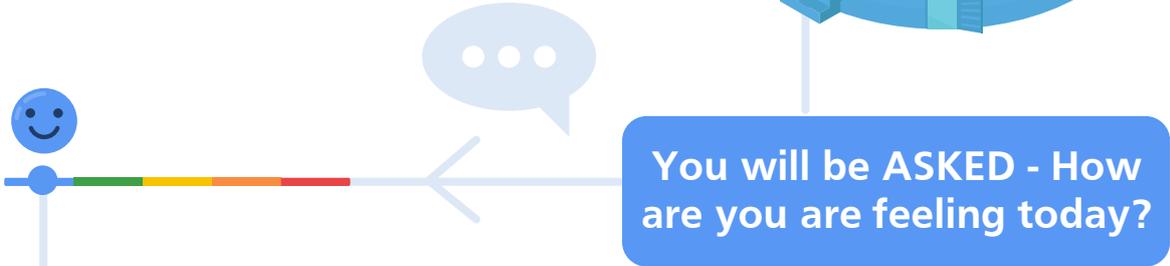


# Supporting everyone during pregnancy and after having a baby

## Ask, Assess, Act

Match the care to the need  
Right Care, Right Time, Right People



This is to make sure that you and your family are offered the **right support for you at the right time**



You will be given information about where you can find **local groups and support**

**Where you can access more information:**  
Bump, Baby & Beyond | Tommy's Parenting - My Pregnancy & Post-Birth Wellbeing Plan. Give it time. | GOV.WALES



You'll be asked 'How are you feeling today' everytime you have contact with us **#AskTwice**