

# New Mums Checklist

Here's a simple checklist to help guide you through the first months of parenthood. You can print it out so it's easier to use.

## ○ Register the birth

In most states, you'll need to register your baby's birth within 60 days. If your hospital or birthing centre doesn't give you the form, grab one from your local post office.

## ○ Take a multivitamin and mineral supplement

If you're breastfeeding, you may need help to ensure you're getting enough of the important nutrients for both you and your baby. Try a multivitamin and mineral supplement designed for women who are breastfeeding, such as Elevit Breastfeeding.

If you're not breastfeeding, Elevit Women's Daily Multivitamin provides you with a specific combination of nutrients to help you stay on top of your busy routine. Each tablet includes iron for energy, vitamin D to aid calcium absorption, B group vitamins to help manage stress, and vitamin C and zinc for immunity. Elevit Women's Daily Multivitamin is not a pregnancy supplement. If you are planning a pregnancy take Elevit pregnancy supplement.







