

## Audio-visual Resources

Two dimensional quick response code (QR code) is now available for access to Family Health Service website. You can install QR Code scanning software to get the latest antenatal care, healthy eating for pregnant women, antenatal and postnatal exercises, child care and breastfeeding audio-visual resources.

### Antenatal Care

Information on antenatal care  
for pregnant women



<http://s.fhs.gov.hk/o5e6l>

Antenatal Care



<http://s.fhs.gov.hk/ibsz2>

### Healthy Eating for Pregnant Women

Healthy Eating for  
Pregnant Mothers



<http://s.fhs.gov.hk/59oux>

How can we get adequate  
calcium in our diet?



<http://s.fhs.gov.hk/k33lx>

Parents-to-be  
must view

