

In this thesis you will find guidelines of healthy lifestyle concerning pregnancy and motherhood, which will serve as a handbook for parents-to-be. I will mainly focus on recommendations for the right eating habits and appropriate sports for expectant mothers. I won't also leave out the mental health issue, where will be tips and suggestions for improvement of the mental state of the parents.

In this text there are listed some organizations which deals with the parents' education in the area of healthy lifestyle. They are chosen to provide quality information for expectant parents. You will find here also the results of research concerning the change of attitudes of parents during their parenthood, which were obtained from a questionnaire that was sent to the Parent Centers in the Czech Republic. Thanks to this questionnaire you will find the attitude of parents to the questions of tuition on primary schools concerning the healthy lifestyle, they underwent.