

Bump, birth and beyond

Information to help you in pregnancy, birth and the early days of being a parent.



Use this booklet to say what matters to you.

Booklet 2 – birth



Kent and Medway



About this booklet

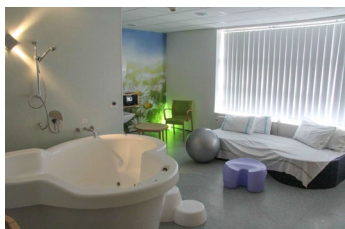


This booklet follows on from Booklet 1.



- **Read booklet 1 first to find out about our booklets and information to help you in pregnancy.**

My choices for giving birth



1. Choosing where to give birth

I have spoken to my midwife or doctor.
I understand the choices I have for
birth. I want to give birth

- ☐ at home.
- ☐ in a **freestanding midwife led birth centre**. This is midwife unit separate from a hospital and is more comfortable and homely.
- ☐ in an **alongside midwife led unit**. This is a midwife unit that is next to a hospital.
- ☐ in an **obstetric** unit. This is in a hospital with a doctor who is an expert in pregnancy.
- ☐ I am not sure. I want to find out more.

Your midwife and doctor will tell you if they think some choices are better for you.

My thoughts, feelings and questions



2. Choosing a birth partner

A birth partner is someone who you want to stay with you and support you when you give birth.



You can sometimes have more than 1 birth partner.



Wherever you choose to have your baby you can have a birth partner.



- **My birth partner will be**



My thoughts, feelings and questions



3. Student midwives and doctors

Sometimes **student midwives and doctors** work with the maternity teams. These are people who are learning to be midwives and doctors.



Your midwife and doctor will show them how to care for you. But you can choose if you want student midwives and doctors there or not.

Tick the box you agree with.



- ☐ I am happy for students to be at the birth of my baby.
- ☐ I do **not** want students to be at the birth of my baby.
- ☐ I want to decide this later.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions



4. Different ways to give birth

Lots of people have a **vaginal birth**. This means the baby comes out of the vagina.



But some people will have a **caesarean** birth. This is when there is an operation and the baby is born out of the tummy.



And some people need an **assisted birth**. This is when the doctor helps the baby to come out.

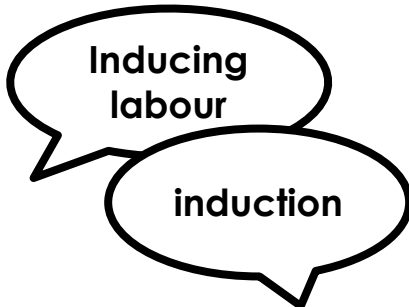


My thoughts, feelings and questions

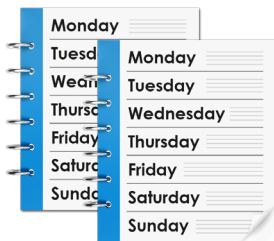


5. Help to start labour

Sometimes your midwife or doctor will say you need help to start your labour instead of waiting for your labour to start.



This is called **inducing labour** or an **induction**.



If you are 10 days or more past your due day, your doctor might say it is better for you and your baby to have an induction.



Your health team will explain and plan this carefully with you.



Tick the box you agree with.

- ☐ I understand why I might need an induction.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions

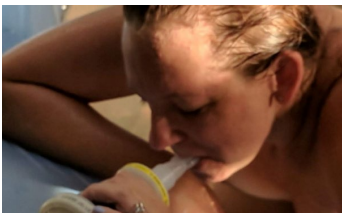


6. Help with pain

Sometimes birth can be painful. You can choose different ways to make giving birth less painful. This is called **pain relief**. You can talk to your midwife about your pain relief choices.



Tick the boxes you agree with.



- ☐ I do **not** want pain relief.
- ☐ I want a **water birth**. This is when the midwife helps you use a birth pool when you are in labour.
- ☐ I want a **TENS machine**. This has pads to stick to your tummy.
- ☐ I want **gas and air**. This is something you breathe when you are in labour.
- ☐ I want an **injected medicine** to stop the pain.
- ☐ I want an **epidural**. This is an injection into your back.
- ☐ I want **alternative therapies**. You can ask your midwife about these.
- ☐ I want to choose later.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions

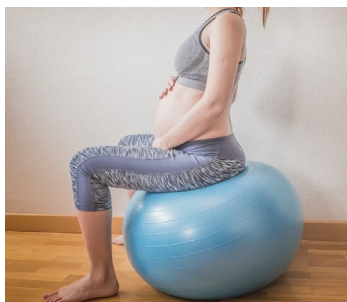
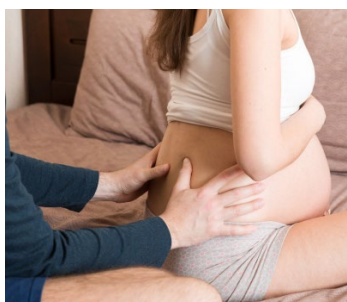


7. Ways to make labour and birth better

You can do things to make labour and birth better for you and your baby, like moving around or making the room feel calmer.



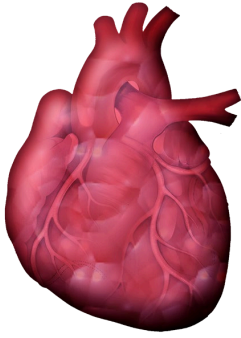
Tick boxes for anything you would think about doing.



- ☐ Massage.
- ☐ Walking around or standing up.
- ☐ Squatting down or kneeling.
- ☐ A birthing ball.
- ☐ Bean bags, stools and birth couches.
- ☐ Using a birthing pool.
- ☐ A bed with pillows or lying on my side.
- ☐ Music that I choose.
- ☐ Turning the lights down low.
- ☐ Birth partner photos or filming.
- ☐ I want to choose later.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions



8. Checking your baby's heartbeat

Your midwife might want to check your baby's heartbeat.



They might want to do this all the way through the birth, or they might do it once or twice.



You can talk to your midwife about checking your baby's heartbeat.



My thoughts, feelings and questions



9. Checking how you and the baby are doing

Your health team might want to do a vaginal examination. This means they will look at your vagina and feel inside.



This helps them know how you are doing and what position the baby is in.



They will tell you why they do this. It is your choice to have this or not.

Tick the boxes you agree with.



- ☐ I understand why I might need a vaginal examination.
- ☐ If possible, I do not want to have vaginal examinations.
- ☐ I want to choose later.
- ☐ I am not sure. I want to find out more.

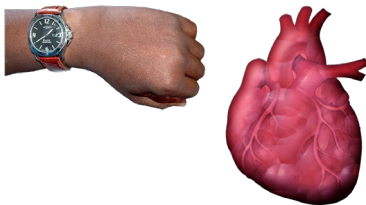


My thoughts, feelings and questions



10. Getting extra help when giving birth

Your midwife or doctor might say they want to do something else to help you give birth to your baby.



They might say this if the birth is taking a long time or if they are worried about your health or your baby's health.



Your doctor will explain why they want to give you this extra help and ask you what you want you to do.

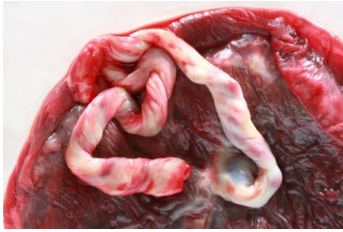


Tick the box you agree with.

- ☐ I understand why I might need extra help.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions



11. After your baby is born

The thing that helps your baby breathe and grow when it is inside your body is called the **placenta**. When your baby is born it no longer needs the placenta.



After your baby is born, the **placenta** needs to come out too. After your baby is born you can push out the placenta or your doctor or midwife can help get the placenta out.



Your midwife or doctor will tell you what they think is best for you.

Tick the boxes you agree with.



- ☐ I want to push the placenta out myself.
- ☐ I want the midwife to help with the placenta.
- ☐ I am not sure. I want to find out more about this.



My thoughts, feelings and questions



12. Cutting the cord

When your baby is born, they will be connected to you by a tube called an **umbilical cord**. This lets your baby breathe and grow when it is inside you.



The umbilical cord needs to be cut when your baby is born. You can choose who cuts the umbilical cord.

- You.
- Your birth partner.
- Your midwife or doctor.



Your midwife can tell you about these choices and what can help your baby.



Tick the boxes you agree with.

- ☐ I or my birth partner want to cut the umbilical cord.
- ☐ I want the midwife or doctor to cut the umbilical cord.
- ☐ I am not sure. I want to find out more about this.



My thoughts, feelings and questions

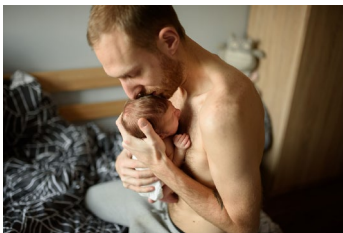


13. Skin to skin contact

Skin to skin contact is when you and your baby touch skin.



- It can help you and your baby feel calm.
- It can help your baby feel warm.
- It can protect your baby from illnesses.



If you and your baby are both well, you can have skin to skin contact after any type of birth.



Your partner can also have skin to skin contact with your baby.

You can choose to have skin to skin contact or not.



My thoughts, feelings and questions



14. Feeding your baby

When you are pregnant you can talk to your midwife about how you want to feed your baby.



Your midwife will tell you about breastfeeding and chestfeeding and why they are good.



Breastfeeding can be really good for your baby in the first 5 days. This is because the first breast milk has lots of things that can help protect your baby from getting sick.



Your midwife can help you to understand when your baby is hungry and can answer your questions about feeding your baby.

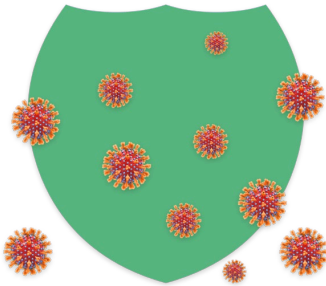


My thoughts, feelings and questions



15. Vitamin K

Your midwife and doctor will ask you if you want the Vitamin K injection for your baby. You can choose if your baby has Vitamin K or not.



Doctors offer all newborn babies Vitamin K. It can stop them from getting very sick. Doctors say the injection is safe for newborns.

Tick the boxes you agree with.



- ☐ I want my baby to have a Vitamin K injection.
- ☐ I want my baby to have Vitamin K by drops in their mouth.
- ☐ I do not want my baby to have Vitamin K.
- ☐ I am not sure. I want to have more information.



My thoughts, feelings and questions



To find out more, scan this QR code or visit www.kentandmedwaylms.nhs.uk/after-birth/moments-after-birth



You can now move on to read the next booklet when you are ready.



- Booklet 3 is about the first few weeks of being a parent.

Thank you to Creativeworld for the Easy Read version of these booklets www.creativeworld.co.uk

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Kent and Medway Local Maternity and Neonatal System