

# 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 1 – pregnancy



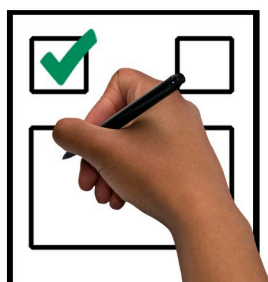
Kent and Medway



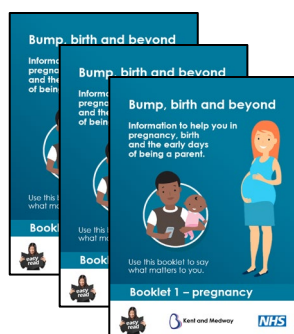
# What these booklets are for



We are Kent and Medway Local Maternity and Neonatal System. We are an NHS organisation.



We want you to make a Personal Care Plan for your pregnancy.

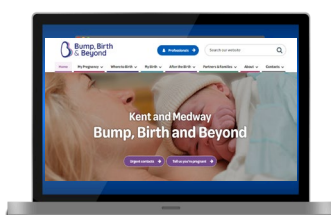


We have information in 3 booklets to help you make choices about your

- pregnancy
- the birth of your baby
- the first few weeks of being a parent.



Your midwife and doctor will help you make your plan.



You can get more information from our website at [www.kentandmedwaylms.nhs.uk](http://www.kentandmedwaylms.nhs.uk)

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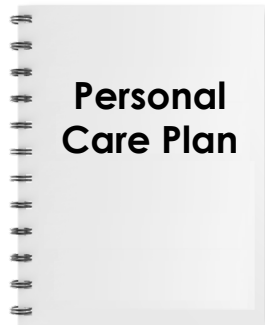
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# What is a Personal Care Plan?



A Personal Care Plan helps you to make choices about your

- pregnancy
- birth
- the first weeks of being a parent.



A Personal Care Plan helps you to write down your choices. But you can also change your mind.



Your **maternity team** will help you to make your choices.



Your **maternity team** are the healthcare staff who support you in your pregnancy, like your midwife.



You can also get support from your family and friends when you make these choices.

# Choosing where to give birth



You can choose where to give birth. This means where you will have your baby.



You can speak to your midwife about your choices.



You have a choice of 7 places in Kent and Medway to have your baby.



1. The Birth Centre, Dartford.
2. Crowborough Birth Centre.
3. Tunbridge Wells Hospital Neonatal Uni.
4. The Birth Place, Medway.
5. Maidstone Birth Centre.
6. Singleton midwife-led unit, William Harvey Hospital.
7. St Peter's Midwife-led Unit, Queen Elizabeth the Queen Mother Hospital.



To find out more, scan this QR code or visit [www.kentandmedwaylms.nhs.uk/where-birth/my-area](http://www.kentandmedwaylms.nhs.uk/where-birth/my-area)

# About me



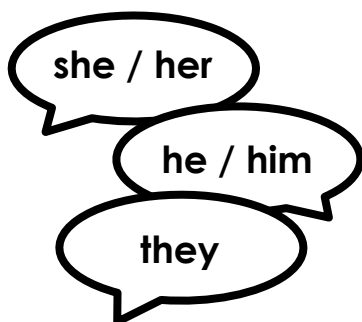
You can keep all your important information and contact details in this section of this booklet.



- **My name is**

- **I like to be called**

- **My pronouns are**



This means what you like people to say when they talk about you.  
Like **she** or **her**, or **he** or **him**, or **they**.



- **My due date is**

Your **due date** is the day that your midwife team thinks you will have your baby.



- **I want to have my baby at**



- **My partner's name is**

**Partner** means your boyfriend or girlfriend, husband or wife.

**I can contact my partner here**



- **My midwife is**

A **midwife** is trained to help women when they are pregnant and when they are having a baby.

**I can contact my midwife here**



- **My GP is**

Your **GP** is your local doctor.

**I can contact my GP here**





- My **obstetrician** is

An **obstetrician** is a doctor who is an expert on pregnancy. Not everyone sees an obstetrician.

**I can contact my obstetrician here**



- My **neonatal team** is

A **neonatal team** is the group of people who will help with your birth and will look after your newborn baby at hospital. Not everyone has a neonatal team.

**I can contact my neonatal team here**



- My **health visitor** is

A **health visitor** is trained to visit parents at home and help with new babies and very young children.

**I can contact my health visitor here**



- Other health staff caring for me are





## What else do we need to know to help you with your Personal Care Plan?

Tick the boxes below to let us know.

You can tick more than 1 box.

☐ I will need help at **appointments** to translate into my language.

An **appointment** is a meeting with your GP, midwife or someone else working in health.

☐ I or my partner have **additional needs**.

**Additional needs** is when someone needs lots of extra help to do everyday things.

☐ I was pregnant before and lost the baby in a **miscarriage**.

A **miscarriage** is when a woman is pregnant but the baby dies before it is ready to be born.

☐ I or my partner have a disability.



☐ I am religious and there are things that I want you to know and respect.

☐ I have beliefs from my culture that I want you to know and respect.



☐ I have a special diet or **allergies**.

An **allergy** is when your body reacts badly to things that are normally harmless, like pollen or peanuts.



☐ I am worried about how I will get to my appointments.



If there is anything else you think you need, tell your maternity team as soon as possible.

**You can write here what is important to you or if you have any questions.**



# My pregnancy appointments and scans



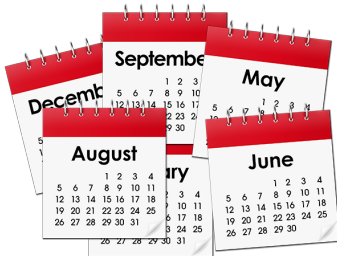
When you are pregnant, your midwife will invite you to **antenatal appointments**. An **antenatal appointment** is when the midwife will check your health and your baby's health.



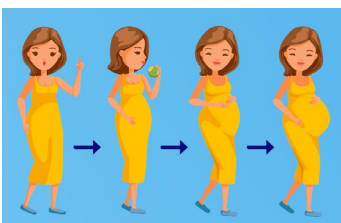
Your midwife can answer your questions and will give you useful information.



We will now tell you about the different appointments and scans you can have.



If you need more care, you might need to have more appointments. Your midwife will talk to you about this.



Pregnancy normally lasts 9 months. This is the same as 40 weeks.

**9 months**



### 8 to 12 weeks - Appointment

Your midwife will give you information about your health and tell you what choices you have.

They will measure your height, weight, **blood pressure**, and test your urine.

**Blood pressure** measures how well your heart pumps blood around your body.

They will also ask you if you want to have tests called **screening tests**.



### 8 to 14 weeks - Dating scan

The medical staff will use a special machine called an **ultrasound** on your tummy to work out when your baby will be born.

They also check how your baby is growing and check for some disabilities, like Down's syndrome.



### 16 to 18 weeks - Appointment

Your midwife will check the results of any screening tests.

You can talk to them about your results and what they mean.



### 18 to 20 weeks - Scan

Your midwife will ask you if you want an ultrasound scan.

This checks how your baby is growing. This is also called the **20 week scan**.



### 25 weeks - Appointment

If this is your first baby, you will have an appointment at 25 weeks.



### 28 weeks – Appointment

Your midwife will ask you if you want more screening tests.



### 31 weeks – Appointment

If this is your first baby, you will have an appointment at 31 weeks.

Your midwife will check the results of any screening tests from your last appointment.

You can talk to them about your results and what they mean.



### 34 weeks – Appointment

Your midwife will talk to you about **labour** and birth.

**Labour** is when your body starts to get ready to give birth.



### 36 weeks – Appointment

Your midwife will give you information about getting ready for after your baby is born.

They will also check your baby's position inside you.







### 38 weeks – Appointment

Your midwife will talk to you about what choices you have if your pregnancy lasts longer than 41 weeks.



### 40 weeks – Appointment

If this is your first baby, you will have an appointment at 40 weeks.



### 41 weeks – Appointment

Your midwife might ask you if you want a **membrane sweep**.

A **membrane sweep** is a way of trying to start labour when you are past your due date.



Your midwife will talk to you about the membrane sweep and other choices you have for starting labour.

This is often called **inducing** labour.



### 42 weeks – Appointment

If you have not had your baby by 42 weeks and you choose not to **induce labour**, your midwife will ask you if you want your baby checked more often.



To find out more, scan this QR code or visit [www.kentandmedwaylms.nhs.uk/my-pregnancy/my-nhs-care-pregnancy](http://www.kentandmedwaylms.nhs.uk/my-pregnancy/my-nhs-care-pregnancy)

# My pregnancy who is who?



Your midwife will normally give you all the care you and your baby need, but you might get support from these other health workers.



## **Midwife**

A midwife is trained to help people during pregnancy, childbirth and the first few days after birth.



## **Maternity support worker**

A maternity support worker is trained to help families with a new baby. They work with your midwife.



## **Sonographer**

A sonographer uses a device called an ultrasound to see the baby inside your tummy and how your baby is doing.



## **Obstetrician**

Obstetricians are doctors who are trained to help you while you are pregnant, during labour, and after your baby is born.





### **Paediatrician**

A paediatrician is a doctor who is trained to help babies, children and young people.



### **Health visitor**

A health visitor is trained to visit parents at home and to help with new babies and very young children.



### **Anaesthetist**

An anaesthetist is a doctor who is trained to give **anaesthetics** to patients.

**Anaesthetics** are medicines that stop you from feeling pain or make you go to sleep before an operation.



### **Consultant neonatologist**

A consultant neonatologist is a doctor who is trained to look after newborn babies.



### **Neonatal nurse**

A neonatal nurse is a nurse who is trained to look after newborn babies.



**You can write down anything that you want to remember here.**

# My health in pregnancy



## 1. Healthy eating

It is important to try to eat healthy food when you are pregnant and to eat a balanced diet. This means eating lots of different types of food and not just one thing.



Some foods can hurt you and your baby when you are pregnant so you should not eat these.

Tick the boxes if you agree.



- ☐ I understand what foods I should eat when I am pregnant.
- ☐ I have to eat special food and need my midwife to help me.
- ☐ I am not sure what foods I should eat when I am pregnant. I want to find out more.



## My thoughts, feelings and questions



## 2. Staying fit

For most people it is good to do some gentle exercise when you are pregnant.

Tick the boxes if you agree.



- ☐ I understand what type of exercise is good for me when I am pregnant.
- ☐ I have an illness that stops me from exercising and I would like help to know what I can do.
- ☐ I am not sure. I want to find out more.



### My thoughts, feelings and questions



## 3. Drugs and alcohol

Doctors say you should **not** drink alcohol or use drugs for fun when you are pregnant. It can hurt you and your baby.



### My thoughts, feelings and questions



#### 4. Smoking

Doctors say you should **not** smoke when you are pregnant. It can hurt you and your baby.



If you or your partner smoke, we will tell you how you can get help to stop.



You can talk to your midwife or doctor about help to stop smoking.

Tick the boxes if you agree.



- ☐ I am getting help to stop smoking.
- ☐ I would like help to stop smoking.
- ☐ I am not sure. I want to find out more.
- ☐ I do not smoke.



#### My thoughts, feelings and questions



## 5. Feeding your baby

You can talk to your midwife about feeding your newborn baby before they are born.



Your midwife will talk to you about

- how to tell if your baby is hungry
- how to feed your newborn baby
- what is good about **breastfeeding** or **chestfeeding**.



**Breastfeeding** and **chestfeeding** means feeding your baby with milk from your chest.



**My thoughts, feelings and questions**



## 6. Looking after your pelvic floor

Your pelvic floor muscles are around your bottom and vagina. It is a good idea to do pelvic floor exercises when you are pregnant and after the birth.



This can help you in lots of ways like not weeing when you cough or sneeze or laugh.



You can talk to your midwife or doctor about the other ways these exercises can help you.



Tick the boxes if you agree.

☐

I understand what I can do to look after my pelvic floor muscles.

☐

I am not sure. I want to find out more.



### My thoughts, feelings and questions



To find out more, scan this QR code or visit [www.nhs.uk/pregnancy/your-pregnancy-care/antenatal-support-meet-the-team/](https://www.nhs.uk/pregnancy/your-pregnancy-care/antenatal-support-meet-the-team/)





**16 to 32  
weeks**



## 7. Staying safe from Covid and flu

Covid and flu can make you very sick when you are pregnant. The Covid vaccine and flu vaccine will protect you and your baby.

The Covid vaccine and flu vaccine are safe to have when you are pregnant. You do **not** have to pay for them.

Your midwife will ask if you want a vaccine for **whooping cough**. Whooping cough can make babies and young children very sick.

The vaccine will help stop your baby from getting whooping cough when they are very young.

Your midwife will ask you about the whooping cough vaccine between 16 and 32 weeks of your pregnancy.

### My thoughts, feelings and questions



To find out more, scan this QR code or visit [www.kentandmedwaylms.nhs.uk/my-pregnancy/my-healthy-pregnancy](http://www.kentandmedwaylms.nhs.uk/my-pregnancy/my-healthy-pregnancy)

# My emotions in pregnancy



## 1. Having different emotions

Tick the boxes if you agree.

- ☐ I have had a mental health illness for a long time. This might make my pregnancy hard.
- ☐ I have anxiety. This means I worry too much.
- ☐ I have depression. This means I feel sad for a long time.
- ☐ I have another mental health illness.

If you have any of these illnesses, you should talk to your midwife or doctor as soon as you can.

They can help you get mental health support before and after the birth of your baby.



## My thoughts, feelings and questions



## 2. Getting to know your baby

Getting to know your baby can help you feel closer to your baby and help you look after your emotions.



You can try

- talking or singing to your bump
- gently stroking your bump
- doing pregnancy yoga
- learning how your baby grows inside
- finding out more about giving birth
- asking your partner and family to talk to your bump
- talking to your partner and family about your growing baby.



Doing these things can be good for your baby and can make you feel good.



### 3. How I feel about my pregnancy

You can write down here any worries you have about being pregnant. You can talk to your friends, family, midwife, GP or doctor about them.



#### My thoughts, feelings and questions



### 4. Have you been pregnant before?

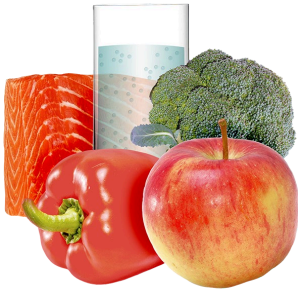
If yes, tell us how you felt.

You can write down any worries you have.

You can talk to your friends, family, midwife, GP or doctor about them.



#### My thoughts, feelings and questions



## 5. Here are some things you can do to make you feel better.

- Make sure you drink enough water and eat healthy food.
- Try to relax using music or breathing exercises.
- Keep active with things like walking, swimming, or yoga. Try to do this once a day, even if you do not have much energy.
- Do something you enjoy, like having a bubble bath or reading a book.
- Stop doing things that make you feel stressed and that are not important.
- Ask for help with housework and looking after any other children.

When you do these things, it can help your baby too, and it can make you feel good.

## My thoughts, feelings and questions



## 6. Get help if you need it

If you are not very happy or if you are worried or feeling sad, speak to someone as soon as you can.



This will mean you will get help more quickly.



You do not need to wait for an appointment to talk to your midwife. You can call them when you need them.



## My thoughts, feelings and questions





## 7. Signs of bad mental health

Here are some emotions you, your partner and your family should look out for.



- Crying a lot.
- Feeling **overwhelmed**. This means when little things or problems feel too much.
- Getting cross a lot or arguing with people more than you usually do.
- Finding it hard to do normal things.
- Changes to how you eat like not feeling hungry at all.



- Not being able to sleep or having lots of energy.
- **Racing thoughts**. This means having too many thoughts in your head.
- Feeling worried all the time.
- Not being interested in things you normally like.







- Being very scared about birth or not wanting to have your baby.



- Thinking about bad things again and again.

- Thinking about hurting yourself or **suicide**. **Suicide** means ending your life.



- Doing the same thing again and again or having to do things in a special order.

- Not feeling anything for your baby or not caring about your baby.



### My thoughts, feelings and questions



To find out more, scan this QR code or visit [www.kentandmedwaylms.nhs.uk/my-pregnancy/my-healthy-pregnancy/emotional-health-and-wellbeing](http://www.kentandmedwaylms.nhs.uk/my-pregnancy/my-healthy-pregnancy/emotional-health-and-wellbeing)



**You can now move on to read the next 2 booklets when you are ready.**



- Booklet 2 is about the birth of your baby.



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

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Thank you to Creativeworld for the Easy Read version of  
these booklets [www.creativeworld.co.uk](http://www.creativeworld.co.uk)

The full version of this document was made by  
**Kent and Medway Local Maternity and Neonatal System**