

# Your Pregnancy Your Choice



Personalised Care Plan

This guide has been designed to help you plan your maternity care. **It is important to share with your maternity team what matters to you.** Your needs and the needs of your baby may change throughout pregnancy; and it is okay to change your mind at any point, your care team will provide advice and support throughout your pregnancy journey.

- We will consider your personal circumstances and share information relevant to your care allowing you to make fully informed choices.
- Before your appointments you might want to think about what is important to you, any questions you/your partner might have
- We listen to your views and care about your choices
- Your wishes will be respected

You are the expert on what matters to you,  
and you decide what is best for you.

## About me - what matters to me

I like to be called	
I identify myself as... <i>(she/her; he/him; they/them)</i>	
Any fears/worries/concerns in this or previous pregnancy/ pregnancies and birth(s)	
I will need help at appointments to translate into my language	
I/my partner have a disability which means I may need...	
I have allergies and/or special dietary requirements	
I have religious beliefs and customs that I would like to be observed	
I have additional requirements that my carer should know <i>(please tell your maternity team as early as possible)</i>	
My due date is	
My birth partner(s) will be <i>(not more than 2 during birth)</i>	
My maternity unit is	
My intended place of birth is	
My named obstetric consultant is	
My known medical condition(s) are...	
Other things I might need support with	



This booklet contains information about having a baby at Barnsley Hospital NHS Foundation Trust  
<https://www.barnsleyhospital.nhs.uk/services/maternity-services/>

We recommend you discuss pre-existing medical conditions and/or special requirements with your GP, midwife or doctor as soon as possible so we can ensure the appropriate care is allocated to you.

**I would like you to know about these experiences in my life...**

*You may want to include things from your previous pregnancy & birth history that are important to you or any other life experiences that you would like your care team to know.*

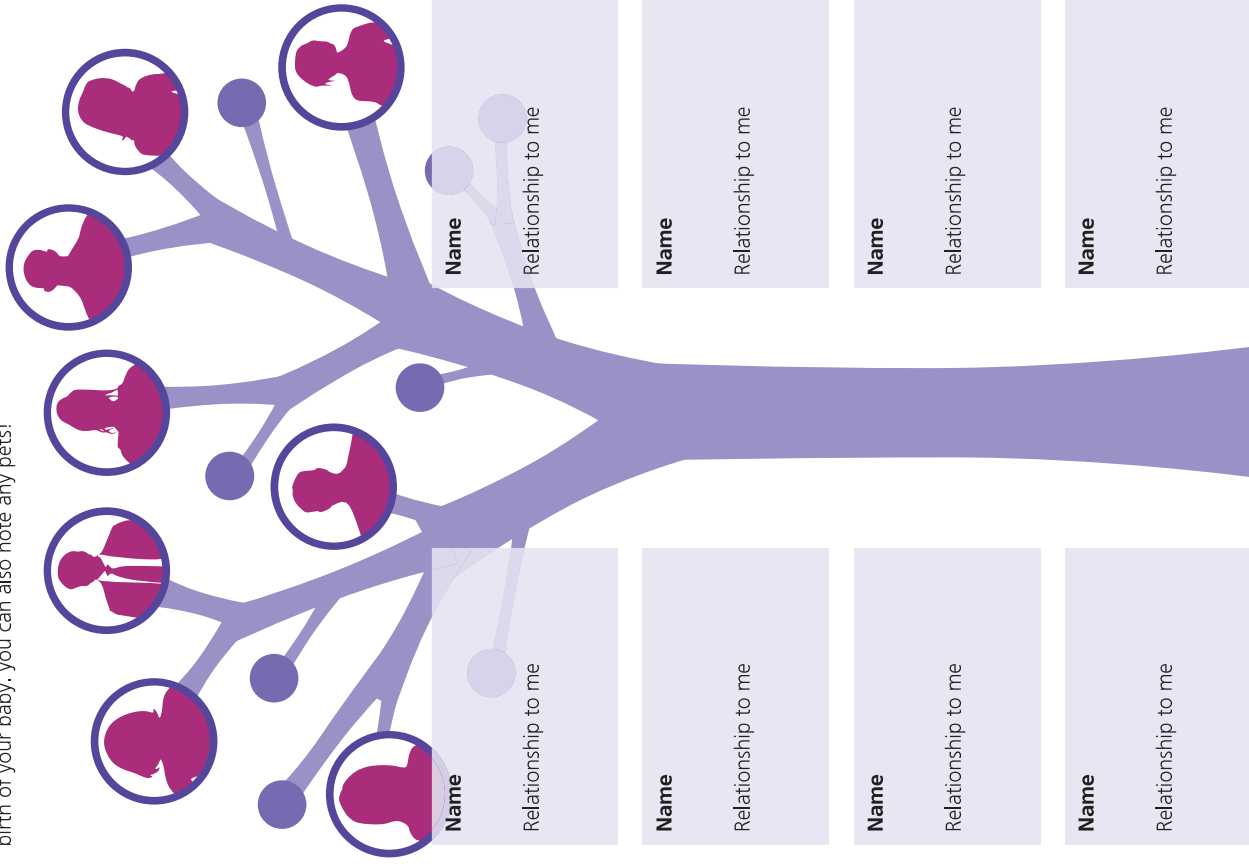
**My feelings and goals relating to pregnancy, birth and having a baby...**

*You may want to include your feelings about pregnancy, birth and having a baby, hopes of things you would like to achieve, or things you would like support to learn more about.*

**These cultural and religious practices are important to me...**

## My support network

People who live with you or who will support you through your pregnancy and after the birth of your baby. you can also note any pets!



## Partner / support person(s)

If you have a partner or support person you can ask them if they would like to use this section to record their information, thoughts and any questions they have about pregnancy, birth and having a baby.

**I like to be called**

**I would like you to know this about me**

**My feelings and hopes for pregnancy and birth are**

**These are the questions I have**

**I have the following medical conditions and/or special requirements**

**My preferred language of communication is**



Dads and partners can find lots of questions and answers in the DadPad App available from our website.  
<https://www.barnsleyhospital.nhs.uk/news/dadpad-app-has-arrived-barnsley>

## The B.R.A.I.N acronym

- B** Benefits  
When you need to make a decision about your care, the law says that your doctor or midwife should give you all the information you need to help you make a decision that is right for you. This is called informed consent.
  - R** Risks
  - A** Alternatives
  - I** Instinct
  - N** Nothing
- The BRAIN acronym helps you have conversations with health care professionals which will support you to make decisions.

## Contacting Maternity teams

Antenatal Appointments	01226 433985
Antenatal Day Unit	01226 432203
Antenatal Clinic	01226 432583
Birthing Centre (24hr)	01226 432249
Antenatal & Postnatal Wards (24hr)	01226 432242
Ultrasound Scan	01226 433985
Community Midwifery Admin Support Office (Mon-Fri)	01226 435369
<b>My midwife's name and number is...</b>	
<b>My Doula's name is (if applicable)...</b>	

*If your wish is to have a Doula please inform your named midwife early in your pregnancy.*

## My care and preferences during pregnancy

### The Antenatal Period (pregnancy)

In this section please take time to consider your physical, mental health and wellbeing. Talk to your midwife, GP, hospital Consultant or Health visitor about any concerns you may have.

#### I wish to discuss the following with health professionals...

You will be seen routinely at the following weeks during your pregnancy: before 10 weeks (booking appointment), 11-14 (dating scan), 14-20 (antenatal screening), 18-20 (anomaly scan); in addition to these appointments, all women will have appointments at 16, 28, 34, 36, 38 and 41 weeks gestation. Those having their first baby will also have additional appointments at 25, 31, and 40 weeks. You may be seen more frequently depending on your medical history.

### Screening Tests in Pregnancy

The following screening tests are offered during pregnancy:

- Blood tests
- Urine
- Down's, Edwards, and Patau's syndrome
- Scans

I am aware why each screening test is offered and what is involved, and my preferences are:

- I would like to have all screening tests available
- I would like to have some of the screening tests
- I do not want any screening tests
- I am not sure/I would like more information



We have more information about screening tests for you and your baby on our website.  
<https://www.barnsleyhospital.nhs.uk/services/maternity/screening-tests-in-pregnancy>

## Vaccinations in pregnancy

Some vaccines, such as the inactivated seasonal flu vaccine and the whooping cough vaccine, are recommended during pregnancy to protect the health of you and your baby. An inactivated vaccine does not contain a live version of the virus it is protecting against.

It is safe to have the COVID-19 vaccine during any stage of pregnancy, from the first few weeks up to your expected due date. You do not need to delay vaccination until after you have given birth. The COVID-19 vaccines do not contain any live viruses and cannot give you or your baby COVID-19.

	I would like to have	I would not like to have	I am not sure or I want to know more
<b>Influenza</b> (Flu)			
<b>Pertussis</b> (Whooping Cough)			
<b>COVID-19</b> (Coronavirus)			



More information about vaccinations in pregnancy is available on the NHS website.  
<https://www.nhs.uk/pregnancy/keeping-well/vaccinations/>

## Vitamins in pregnancy

It is recommended to take folic acid supplements before conception and up until 12 weeks of pregnancy. It is also recommended that Vitamin D supplements are taken throughout pregnancy and whilst breastfeeding or chestfeeding.

At your booking appointment you will receive one free pot of Healthy Start Vitamins, it is recommended you take one tablet a day, this pot has an 8-week supply in it.

Healthy Start vitamins contain Folic Acid, Vitamin C and vitamin D, you should continue to take these throughout your pregnancy.

Any other medications should be discussed and reviewed with your team.



Visit the Healthy Start website to check your eligibility for Healthy Start vouchers  
<https://www.healthystart.nhs.uk>

## Eating, drinking and exercise

### Foods to eat or avoid in pregnancy

It is recommended that you try to maintain a healthy and balanced diet in pregnancy.

Your named midwife will discuss the guidance around a balanced healthy diet at the booking appointment. It is also recommended that you avoid some foods whilst pregnant, as they can cause harm to you and your unborn baby.

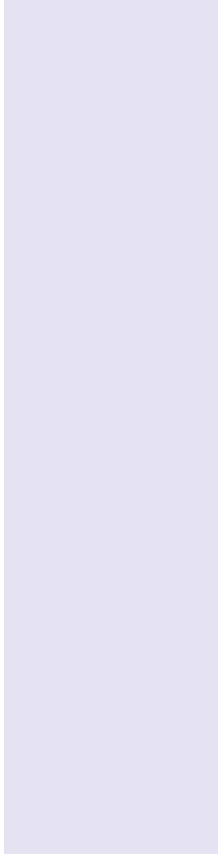


Please refer to the NHS website for the latest information.

<https://www.nhs.uk/pregnancy/keeping-well/foods-to-avoid>

You may also be eligible for Alexander Rose Vouchers which you can use locally to buy fruit and vegetable. Visit your local Family Hub or ask your midwife.

### My thoughts, feelings and questions...



## Exercise in pregnancy

Physical activity is recommended throughout pregnancy. Please read the **Physical Activity for Pregnant Women** document to see the recommendation for exercise in pregnancy.



Physical activity for pregnant women infographic

<https://www.gov.uk/government/publications/physical-activity-guidelines-pregnancy-and-after-childbirth>

Additionally, the **Barnsley What's Your Move** website helps the community to be more active for good physical and mental health. It is important that you check with your midwife or GP that it is safe for you to exercise in pregnancy.



Barnsley what's your move?

<https://www.barnsley.gov.uk/whats-your-move/>

## Smoking, drinking alcohol or the use of recreational drugs in pregnancy

For the health and wellbeing of you and your baby, you are advised not to smoke, drink alcohol or use recreational drugs in pregnancy as it will cause long term health problems for you and your baby...

**I am aware of advice around the consumption of alcohol, tobacco/nicotine products and recreational/illegal drugs**

**I am not sure/I would like to find out more**

You can talk to your midwife or doctor for support with quitting smoking, drinking alcohol or taking recreational/illegal drugs.

### Smoking in Pregnancy

Do not hesitate to contact the Maternity Stop Smoking Team on **01226 431621** or send an email to [maternity.stopsmoking@nhs.net](mailto:maternity.stopsmoking@nhs.net) leaving your contact details.

### Misuse of drugs, substances or alcohol in pregnancy

It is important to ask for support as early as possible in pregnancy if you use/misuse drugs and/ or alcohol.

You will be offered a confidential referral to the local substance misuse service for detox or reduction support. Your midwife can refer you to the hospital Alcohol Care Team and you can self-refer to Recovery Steps Barnsley (who support with both alcohol and drug misuse).

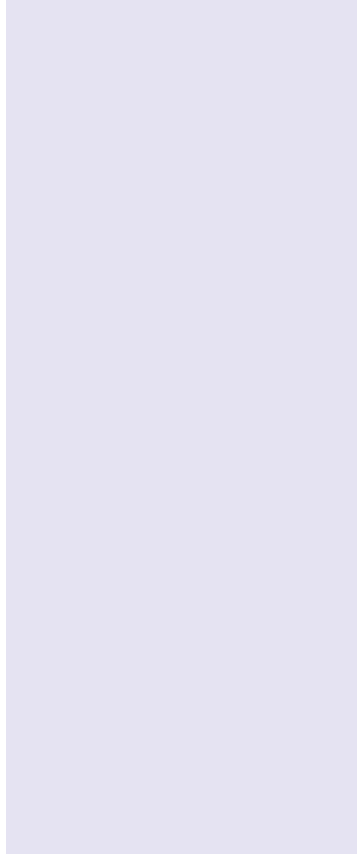


Get in touch with Barnsley Recovery Steps

<https://humankindcharity.org.uk/service/barnsley-recovery-steps/>

FRANK is a national service which provides information about alcohol and drugs. For help and advice from FRANK contact telephone – **0300 123 6600**, or text **82111**.

### My thoughts, feelings and questions...



## When to contact Triage

### 01226 432249 (24-hour contact number)

The Maternity Assessment Unit, or Triage, is next to the Birthing Centre and is accessed through the Birthing Centre door. It's open 7 days a week and offers a 24-hour service. We see women from 20 weeks of pregnancy, up to 6 weeks after delivery of their baby.

### Getting help prior to 20 weeks gestation

<b>Vaginal bleeding</b>	Accident and Emergency Department (A&E)
<b>Hyperemesis Gravidarum</b> (severe nausea and vomiting during pregnancy)	Accident and Emergency Department (A&E)
<b>If you are generally unwell and under 20 weeks gestation contact</b>	Ambulatory Care in Women's Services Department if 2nd or subsequent occurrence
	Your General Practitioner (GP)
	The Community Midwifery Office <b>01226 435369</b> (Monday-Friday 9am-5pm)
	Early Pregnancy Assessment Unit (EPAU) <b>01226 433972</b>
	Accident and Emergency Department (A&E)

It would also be helpful if you could tell us about anything that might make you high risk in your pregnancy when you ring because this can sometimes affect your care. There are many reasons you might contact Triage, common reasons are listed below in no particular order.

- Abdominal pain
- Abnormal discharge
- Vaginal bleeding
- Generally feeling unwell
- Suspected labour including premature labour (if you are having regular or irregular contractions or tightenings, period-type pains, a gush or trickle of fluid from your vagina – this could be your waters breaking or backache that's not usual for you) You may not have all these signs at the same time, always contact a health professional for advice
- Problems with vision (blurring, flashing lights or spots, difficulty focusing)
- A change in the pattern of baby's movements. If you are in any doubt, please do not delay in seeking advice
- Severe itching on the palms of your hands or feet
- Postnatal concerns up to 6 weeks after giving birth

**Please get in touch with us with any concerns you have, no matter how big or small you think they are. We are here to help.**

Student midwives/doctors may be working with the team when I have my baby...

- I am happy for a student to be present during my labour/birth**
- I prefer that no students are present during my labour/birth**
- I prefer to wait and see**
- I am not sure/I would like to find out more**

Students work closely alongside their named midwife mentor and will provide you with care and support, under supervision, with your consent.

## Connecting with your baby during pregnancy

You, your partner or baby's siblings can talk, read or sing to your baby, these are all good ways to connect with your growing baby. Taking a few minutes every day to sit, relax and connect with your baby will help increase a hormone in your body called oxytocin. Oxytocin is the hormone of love; this hormone will help your baby's brain development in pregnancy and beyond.

- I am aware of how to connect with my baby during pregnancy.**
- Gently massaging your bump
- Looking at your scan photos
- Pregnancy yoga and/or hypnobirthing
- Using an app to track your baby's growth and development
- Reading UNICEF's Relationship Building Resources 'building a happy baby: a guide for parents'
- NSPCC Look, Say, Sing, Play online resources which encourage interaction between parents and their babies



Relationship Building Resources

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/>



NSPCC Look, Say, Sing, Play

<https://learning.nspcc.org.uk/research-resources/leaflets/look-say-sing-play-early-years-resources-parents>

## Feeding your baby

During pregnancy you will have a chance to discuss infant feeding, this will include information about the value of breastfeeding or chestfeeding and/harvesting.

During pregnancy you may notice breast or chest changes, this is normal and from 16 weeks you may start to produce colostrum.

If you would like information and or support on collecting your colostrum antenatally, please get in touch with the hospital Infant Feeding Team.

You will be provided with a Mothers and Others guide at booking, if you have not received one please ask your midwife or contact the hospital infant feeding team email: **BDG-TR. InfantFeedingTeam@nhs.net**

A midwife/maternity support worker will help you to get feeding off to a good start as soon as your baby shows cues that he/she is ready to feed.



Infant feeding information can be found on the SYB/LMS website  
<https://sybhealthier.together.nhs.uk/pregnant-women/worried-your-baby-unwell-under-3-months-2/worried-about-your-baby-whats-normal-and-whats-not>

For support talk to your midwife alternatively you can self-refer to the hospital Infant Feeding Team email: **BDG-TR.InfantFeedingTeam@nhs.net**

## Emotional health and wellbeing

Expecting a baby can be a joyful and exciting time, however it is also common to experience during pregnancy anxiety, depression or emotional distress. Sometimes we are reluctant to talk honestly about our experiences throughout the pregnancy and after baby is born – **just remember you are not alone.**

### **I have a long-term mental health condition that may affect my pregnancy...**

- Anxiety
- Postpartum psychosis
- Schizoaffective disorder
- Post-traumatic stress disorder
- Eating disorder
- Personality disorder
- Depression Schizophrenia or any other psychotic illness
- Bipolar affective disorder (also known as manic depression or mania)
- Other (please state below)

If you have any of these conditions you should talk to your midwife or doctor as soon as possible as you may require specialist mental wellbeing support health support.

## Mental wellbeing support during pregnancy

If you need information and resources about how to access services and treatment that can help improve your mental health contact our Mental Wellbeing Midwife anytime Monday to Thursday between 9.30am and 4pm on **07779 445 162**.

Please send a text with your name and date of birth if your call is not answered. If your call is urgent please ring NHS111, your GP or the 24-hour Mental Health Helpline on 0800 183 0558

### **This is how I am currently feeling (physically and/or emotionally)...**

*You might want to record your feelings and talk to your family, friends, midwife or GP*

It would also be helpful if you could tell us about anything that might make you high risk in your pregnancy when you ring because this can sometimes affect your care. Feelings and experiences you bring to our attention might include (but are not limited to) the following:

- Tearfulness
- Loss of interest in things I normally like
- Racing thoughts
- Feeling very anxious
- Feeling overwhelmed
- Change of appetite
- Feeling irritable or arguing more
- Difficulty concentrating
- Repeating actions or developing strict rituals
- Suicidal feelings and thoughts of self-harm
- Problems sleeping or extreme energy
- Being so afraid of birth that I do not want to go through it
- Having unpleasant thoughts that I can't control or keep coming back
- Lack of feeling towards my unborn baby

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- Having unpleasant thoughts that I can't control or keep coming back
- Lack of feeling towards my unborn baby

**If you are worried by any of these feelings, talk to your midwife or doctor.**



## Planning for birth

Please use this section to share your preferences for vaginal and/or caesarean birth.

### Personalised birth preferences

- I am aware of my choices of where to give birth and have had a discussion with my midwife/obstetrician...**
- I prefer to give birth at home
- I prefer to give birth at Barnsley Birthing Centre (which has both midwives and doctors on hand)
- I would prefer a planned caesarean birth
- I am not sure/I would like more information

If your wish is to have a planned caesarean birth please discuss with your care giver early in your pregnancy.

Certain options might be recommended for you based on your personal health and pregnancy.



Read more about your birth options at Barnsley Hospital  
<https://www.barnsleyhospital.nhs.uk/services/maternity/your-birth-options>



South Yorkshire and Bassetlaw Healthier Together - Labour and birth  
<https://sybhealthiertogether.nhs.uk/pregnant-women/labour-and-birth-2>

## Recognition of the signs of preterm labour

When a baby is born before the 37th week of pregnancy, this is called preterm or premature birth. If you suspect you might be in labour before 37 weeks gestation please call the Maternity Triage team on **01226 432 249** (24-hour)

Signs of potential premature labour are:

- Regular contractions or tightening
- Period type pains
- A gush or trickle of fluid from your vagina – this could be your waters breaking
- Backache that's not usual for you
- Anything that feels different to usual



Information about preterm or premature labour and birth – NHS.uk  
<https://www.nhs.uk/pregnancy/labour-and-birth/signs-of-labour/premature-labour-and-birth/>

## Induction of labour

In some circumstances, your midwife or doctor may recommend starting your labour artificially, instead of waiting for it to start naturally (this is known as induction of labour)

- I understand the induction process and am aware of why it might be recommended**



Detailed information about induced labour on our website  
<https://www.barnsleyhospital.nhs.uk/services/maternity/your-birth-options/having-your-baby-in-our-birthing-centre-if-labour-has-be-induced>

## Pain relief in labour

During labour and birth there are lots of options to manage pain.

- Avoid all pain relief
- Paracetamol, codeine
- Water (bath or birthing pool)
- TENS machine (transcutaneous electrical nerve stimulation).  
*Barnsley Hospital does not provide TENS machines. You can hire or buy a TENS machine from a trusted retailer.*
- Gas and air (entonox)
- Diamorphine/ pethidine (opioid injection)
- Epidural

It's OK to change your mind

Your options for pain relief will depend on where you plan to give birth. Discuss with your midwife and ask what options are available to you at your preferred maternity unit.

### My thoughts, feelings and questions...

## What matters to me during my labour

During labour and birth I would consider...

- Walking/standing
- Different upright positions such as all fours/squatting/kneeling
- A birthing ball Bean bags, birth stools and birth couches if available
- A birthing pool
- A bed, for rest – propped up with pillows or whilst lying on my side
- Music to be played (which I will provide)
- The lights dimmed
- Massage
- My birth partner taking photographs/filming

Your circumstances in labour may influence what choices are available to you. Please discuss this with your midwife.



Learn more about what happens during your labour on NHS.uk  
<https://www.nhs.uk/pregnancy/labour-and-birth/what-happens/>

## Monitoring the baby's heartbeat during labour

During labour and birth, it is recommended that your baby's heartbeat is monitored.

- I prefer to have intermittent fetal heart rate monitoring with a handheld device
- I prefer to have continuous fetal heart rate monitoring using a CTG machine
- If I need continuous monitoring I would like to be mobile and use wireless monitoring if available
- A fetal scalp electrode (FSE, also called a scalp clip).  
*A "scalp clip" is a spiralled wire or pin that sits under the skin on baby's head and connects to a CTG machine. It would be positioned on baby's scalp during a vaginal examination.*



More information about fetal heart rate monitoring  
<https://www.barnsleyhospital.nhs.uk/services/maternity/fetal-heart-rate-monitoring>

## Vaginal examinations during labour

During labour, your midwife and/or doctor may recommend vaginal examinations to assess the progress of your labour.

- I am aware of why vaginal examinations are routinely offered
- I prefer to avoid vaginal examinations if possible
- I prefer to wait and see
- I am not sure/I would like to find out more

Vaginal examinations are a routine part of assessing labour progress and will not be undertaken without your consent.

My thoughts, feelings and questions...

## Interventions to assist labour

In some circumstances, your midwife or doctor may recommend interventions to assist with your labour. This may include a recommendation for an episiotomy, assisted (ventouse/forceps) or caesarean birth if it is thought to be the safest way for your baby to be born. Your doctor will discuss this with you and ask for your consent before any procedure is undertaken.

### A cut to the perineum (also referred to as an episiotomy)

In some circumstances, your midwife or doctor may recommend a cut to the perineum (the area between the vagina and anus) to facilitate birth.

- I understand why an episiotomy might be recommended
- I am not sure/I would like to find out more

An episiotomy may be recommended for an assisted birth or if your midwife or doctor is concerned that your baby needs to be born quickly. Your midwife or doctor will always ask for your consent.

### Unplanned Caesarean Birth, and/or ventouse/ forceps assisted birth

Some births may require assistance due to concerns with fetal or maternal wellbeing. Assisted birth methods may include ventouse, forceps and/or planned or unplanned caesarean births.



Watch the "Different Types of Birth" video for more information  
<https://sybhealthier.together.nhs.uk/pregnant-women/labour-and-birth-2>

### Deferred cord clamping (also known as delayed cord clamping)

After your baby is born the umbilical cord which links the baby to the placenta continues to pulsate. This means the umbilical cord is still transferring oxygen, blood and stem cells to your baby while baby adjusts to life outside the womb.

Benefits include, increased iron levels in the baby helping with growth and both physical and emotional development. And an increased stem cell amount which helps with baby's growth and immune system. In some circumstances it may be essential for your midwife or doctor to clamp the cord early, for example if there are concerns about the baby's heartbeat.

Please discuss with your midwife/doctor for more information.

### The afterbirth (also known as the placenta)

After your baby is born, you will birth your placenta (this is known as the third stage of labour). This can be either physiological (natural) or actively managed (usually a hormone injection in your leg to help your uterus contract).

Please discuss your preferences with your midwife/doctor. Your midwife or doctor may recommend an active third stage due to your personal circumstance and will discuss this with you either during pregnancy or at the time of birth.

My thoughts, feelings and questions...

### Vitamin K and why it is recommended

After baby is born, they will be offered Vitamin K. Vitamin K is a supplement recommended for all babies which prevents a rare condition known as Vitamin K Deficiency Bleeding (VKDB). It has no known side effects.

- I would like my baby to have Vitamin K by injection
- I would like my baby to have Vitamin K by oral drops
- I do not want my baby to have Vitamin K

My thoughts, feelings and questions...



Further information can be found on the NHS website  
<https://www.nhs.uk/pregnancy/labour-and-birth/after-the-birth/what-happens-straight-after/>

## Meeting my (our) baby

### Skin to skin – The Golden Hour

Skin-to-skin contact means once your baby is born they will be placed directly on your bare chest, if you prefer your baby to be dried before this please tell your midwife. This gives you the chance to look at your baby, check their fingers and toes, see who they look like and see how they respond to your voice.

Relax, don't rush and enjoy this special hour. Your baby will be left in skin to skin until after their first feed; this is sometimes called the **Golden Hour**.

Skin to skin contact can happen at any time for you and your partner throughout your postnatal journey. It helps to keep your baby calm, relaxed and feeling safe and secure.

### My (our) in-depth understanding of skin to skin

Skin to skin can have the following benefits for you and your baby:

- Calm and relax baby and myself
- Help regulate my baby's heart rate and breathing
- Help regulate my baby's temperature
- Help my baby to adapt to life outside the womb
- Help protect my baby from infection
- Help my baby to become interested in feeding
- Help my baby to familiarise themselves with the breast or chest and achieve self-attachment
- Help to support my breastfeeding or chestfeeding through releasing the hormone oxytocin
- It can also help you notice when your baby is showing signs of hunger, these are called feeding cues (see the Mothers and Others guide).

**Safety considerations** when holding your baby in skin to skin contact:

- I am aware that my baby's neck is straight and head is upright so that baby can breathe easily
- I am aware that I must always be able to see my baby's face, so that I can check my baby is ok
- I am aware that if I have any worries when holding my baby in skin to skin I need to inform staff

Maternity staff will support you to hold baby safely if needed. Please ask if you're unsure.

### Skin to Skin for dads and partners

If for any reason you are unable to have skin to skin contact straight after birth, it may be suggested that your partner has skin to skin until you are able to do so.

## After your baby is born (the postnatal period)

### Developing a relationship with your baby

Taking time to connect with your baby during pregnancy can have a positive impact on your wellbeing. It can help release a hormone called oxytocin, which will help your baby's brain develop and also make you feel good. Some things you can try include:

- Talking, reading, singing or playing music to your unborn baby
- Gently massaging your bump
- Pregnancy yoga or hypnobirthing
- Using an app to track your baby's growth and development
- Reading Unicef's 'Building a Happy Baby Guide'



We recommend watching UNICEF's 'Meeting your baby for the first time'  
<https://youtu.be/0vzW9qPz35o>

### Caring for yourself and baby at home

Think about who can support you from your support network on page 6.

### Your physical and emotional wellbeing after birth

Being prepared for your physical recovery after giving birth can help to get you and your new family off to the best start, I am aware of...

- Physical changes to expect
- Pain relief options
- The importance of hand hygiene
- Signs of infection and what to do
- Pelvic floor exercises
- Physical recovery after a caesarean birth
- I am not sure/I would like to find out more

Giving birth and becoming a parent is known to be a time of great emotional change, being aware of how you might feel after birth can help you to prepare...

- I am aware of the emotional changes to be expected
- I have considered what my family/friends can do to support me
- I know how to access support with my emotional and mental health after giving birth

## Feelings I and my family should look out for include...

- Problems sleeping or extreme energy
- Loss of interest in things I normally like
- Suicidal feelings or thoughts of self-harm
- Feelings of guilt, hopelessness or self-blame
- Problems concentrating or making decisions
- Repeating actions or developing strict rituals
- Having unpleasant thoughts that I can't control or that keep coming back

If you are worried by any of these feelings, talk to someone you trust. Contact our **Mental Wellbeing Midwife** anytime Monday to Thursday between 9.30am and 4pm on **07779 445 162**

You are welcome to join the MUMs group which runs weekly and is facilitated by the Mental Wellbeing Midwife. You can also speak to your midwife, health visitor or GP.



Every Mum Matters - Perinatal mental health support  
<https://www.everymumatters.com/>

## My thoughts, feelings and questions:

## Caring for your baby

### Feeding baby

During pregnancy you will have had a chance to discuss feeding your baby.

#### I am aware of the following things for breastfeeding...

- The early feeding cues that my baby wants to feed
- How to get breastfeeding/chestfeeding off to a good start
- How to breastfeed my baby responsively
- The benefits of breastmilk and how it can comfort, nourish and protect my baby
- Signs to look for to tell me my baby is getting enough milk
- Breastfed babies cannot be overfed
- The effects of giving my breastfed baby supplements of formula
- Where to find help and support with breastfeeding
- I am not sure/ I would like more information on breastfeeding

#### My feeding choices/preferences are:

- I would like to breastfeed my baby
- I would like to offer my baby a first breastfeed
- I would like to bottle feed my baby responsively (*use web link below*)
- I would like to try expressing/pumping breastmilk for my baby
- I would like to harvest my colostrum during pregnancy
- I am undecided/prefer to wait and see



Unicef Infant formula and responsive bottle feeding  
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/infant-formula-responsive-bottle-feeding-guide-for-parents/>

#### My thoughts, feelings and questions...

## Things to consider before going home

(or before your midwife leaves following a birth at home)

The important basics:

- Caring for your baby at night
- Changes to expect in your baby's nappy
- Safe sleeping practices
- Umbilical cord care and skin care
- Bathing your baby
- How to tell if your baby is feeding well
- Why you baby might cry, and how to respond
- Signs of an unwell baby and what to do if you're worried
- Scheduling of your baby's BCG (tuberculosis) vaccination if required
- Newborn jaundice - what's normal, and what might need reviewing



Caring for your baby at night and when sleeping  
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/sleep-and-night-time-resources/caring-for-your-baby-at-night/>



Reducing the risk of sudden infant death syndrome  
<https://www.lullabytrust.org.uk/safer-sleep-advice/>



The newborn blood spot screening test  
<https://www.nhs.uk/conditions/baby/newborn-screening/blood-spot-test/>



ICON - Babies cry. You can cope.  
<https://iconcope.org/>



Concerned your baby is unwell (less than 3 months)?  
<https://sybhealthier.together.nhs.uk/pregnant-women/worried-your-baby-unwell-under-3-months-2>

## Community care and next steps

### Community Based Services

Community postnatal care is delivered in a variety of settings and by a multidisciplinary team of healthcare professionals. I am aware of...

- Community postnatal care
- How to contact my local community midwives
- How to contact my health visitor
- How to access additional infant feeding support
- How to access services in my local Family Hubs Barnsley Family Hubs
- I am not sure/I would like to know more

### My thoughts, feelings and questions...



How to access services in your local Family Hubs  
<https://www.barnsley.gov.uk/services/children-families-and-education/childcare-nurseries-and-family-support/family-centres/>

It's important to engage with your local community with your baby. After your baby is born, you will need to ...

- Register your baby's birth within six weeks
- Register your baby with your GP
- Book a postnatal check with your GP at six to eight weeks after the birth for both you and your baby
- Speak to your health visitor about baby's vaccination and the immunisation programme
- If recommended by my midwife or doctor, arrange for further tests at your GP surgery or obstetric doctor(s)

### Birth In Mind Service

Referrals for the Birth in Mind Service are by email [bdg-tr.birthinmindservice@nhs.net](mailto:bdg-tr.birthinmindservice@nhs.net), telephone **01226 436340**, or by using the form on our website.

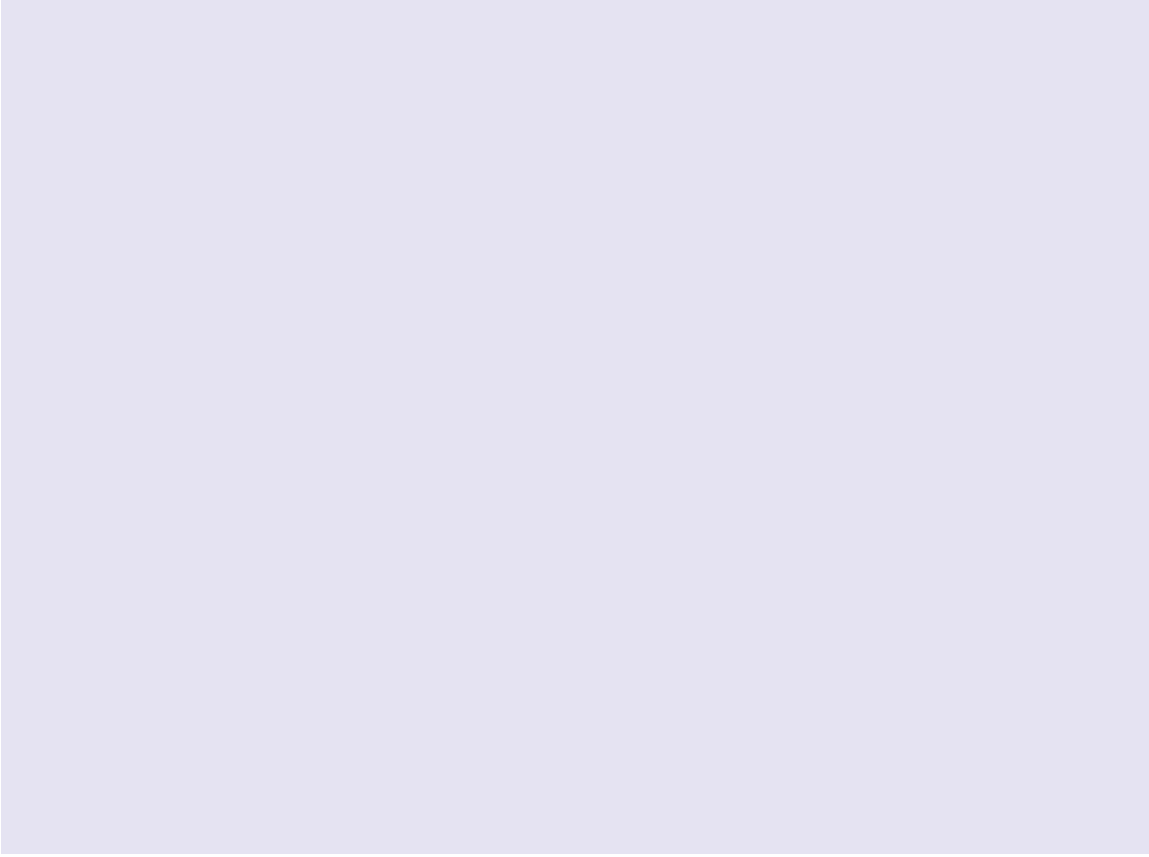


Refer yourself to the Barnsley Birth in Mind service.  
<https://www.barnsleyhospital.nhs.uk/services/maternity/useful-resources-for-parents/your-mental-health>

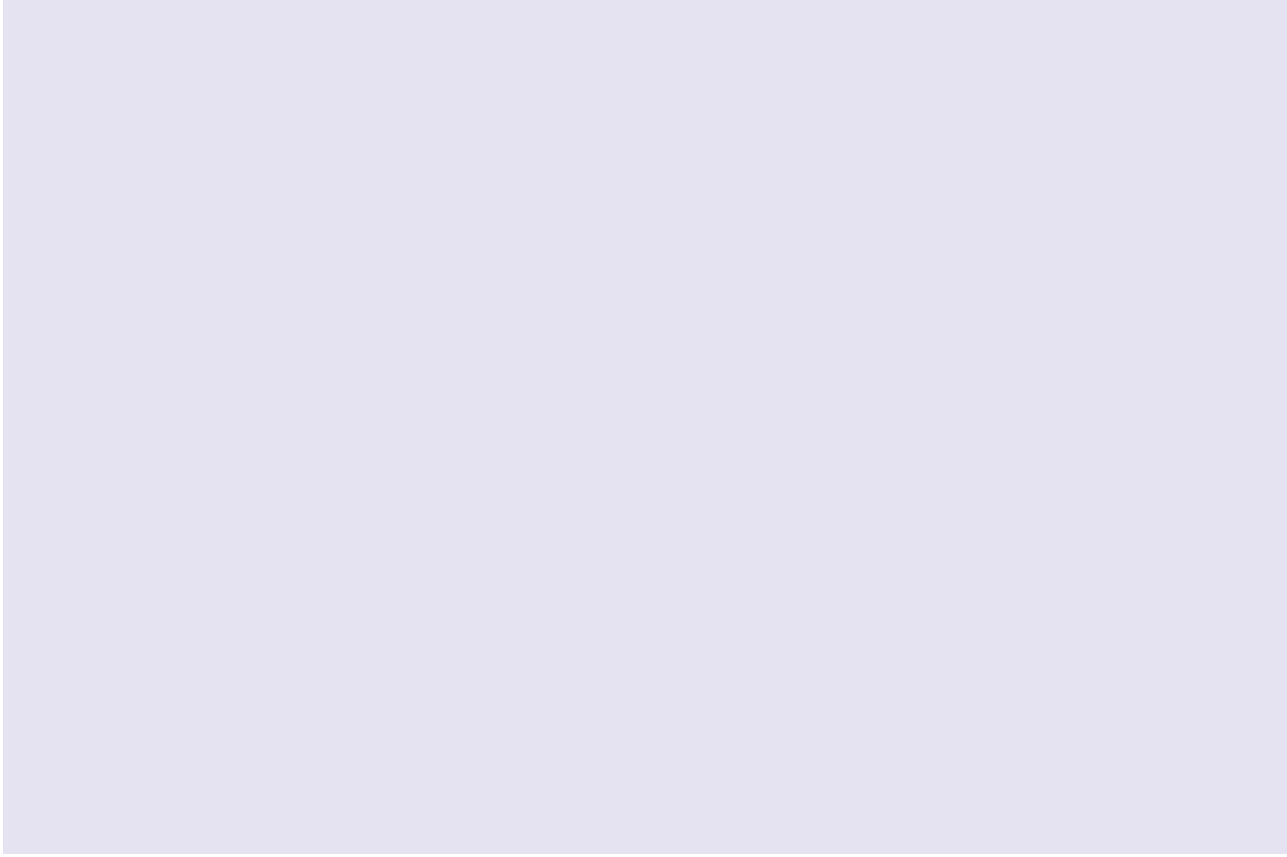
## Birth afterthoughts

Use the notes section to write down any significant concerns (medical, emotional or other) about your experience of pregnancy, labour, birth and immediately after birth. If you want to speak about your birth experience please contact your Midwife, Health Visitor or GP.

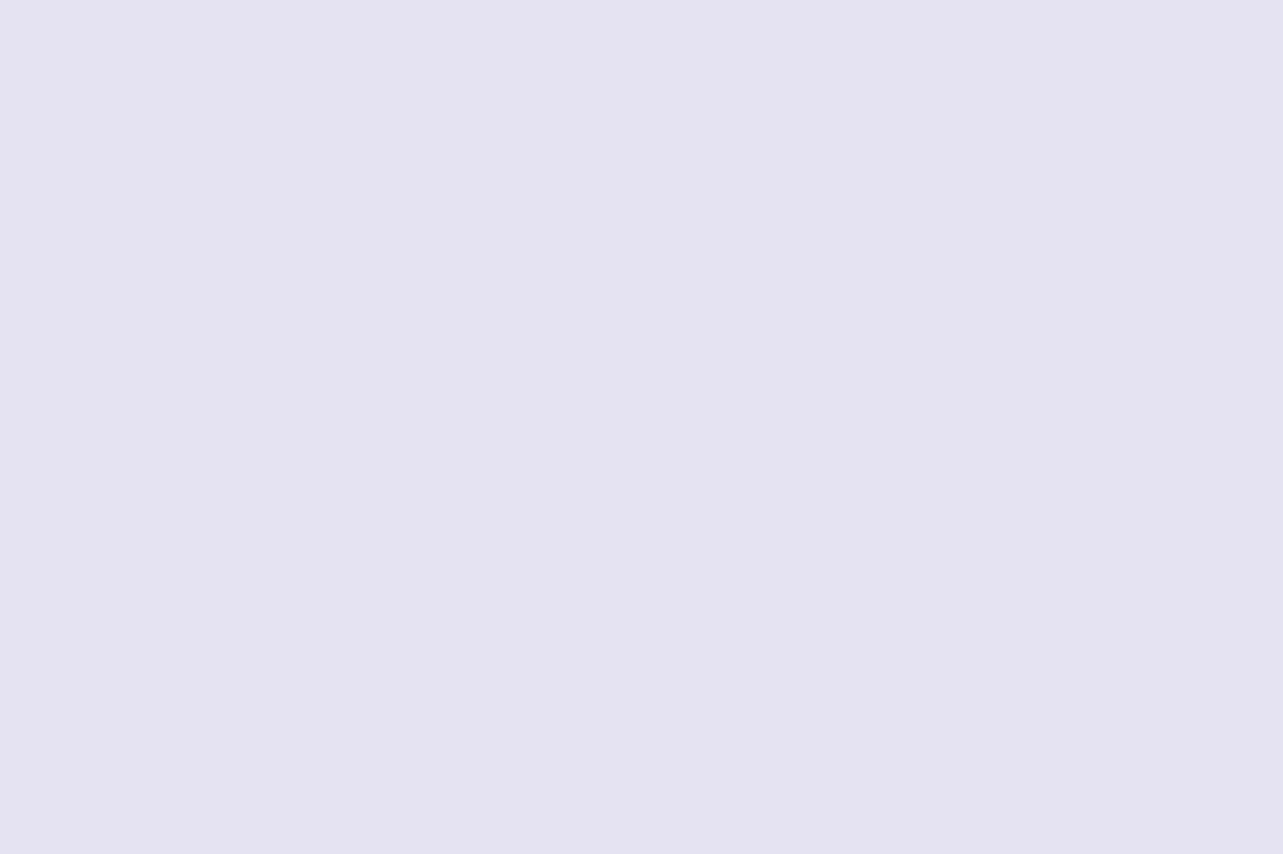
**Information about your pregnancy and birth to discuss with your midwife or doctor**



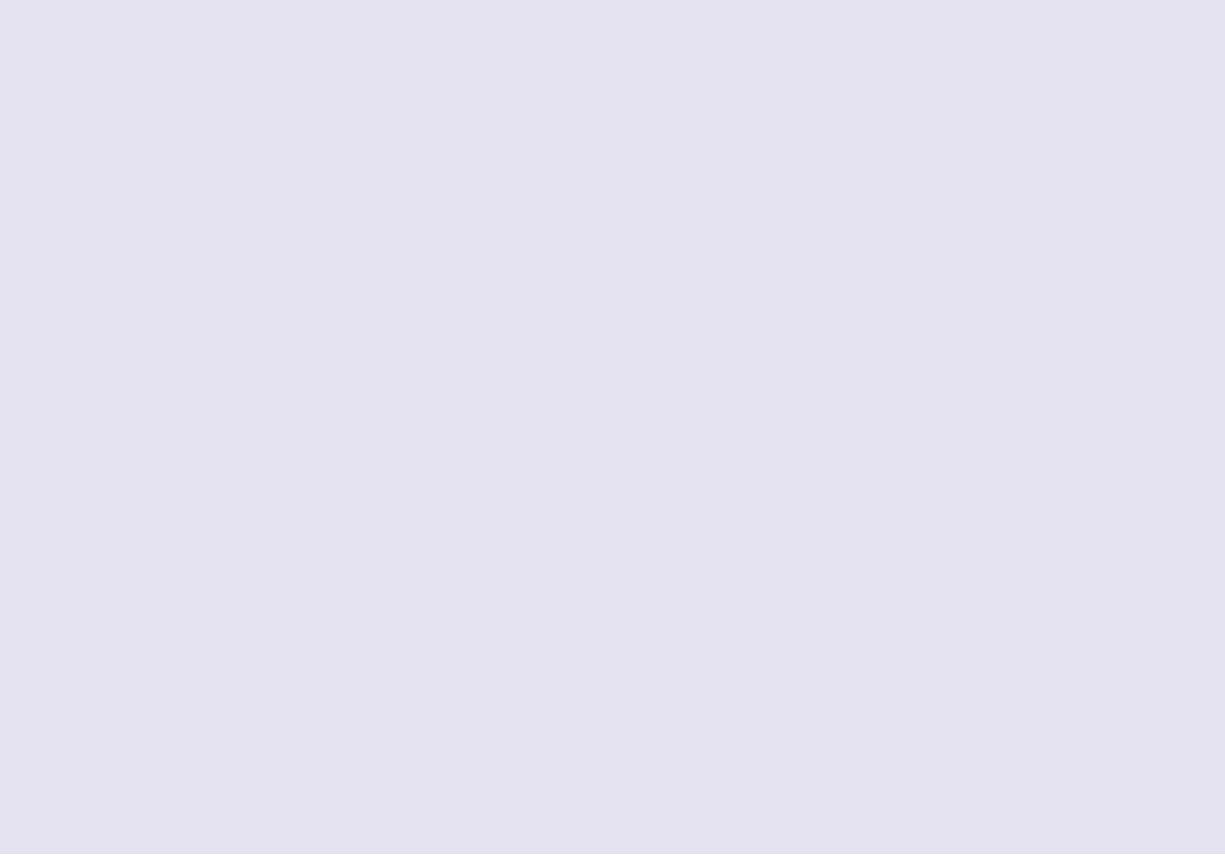
## In pregnancy My thoughts, feelings and questions...



**Labour and birth**  
My thoughts, feelings and questions...



**After birth**  
My thoughts, feelings and questions...



**If you want to speak about your birth experience, please contact your Midwife, Health Visitor or GP.**



