

**PRINTER: Cut sheet on dotted line exactly (at 61)**

## General information ?

**Work and benefits.** Having a baby does not come cheap, there may be a change in your household income. The 'Parents Guide to Money' is a pack giving you information on all financial aspects of the arrival of a new baby including budgeting, benefits and work options. Your midwife will be able to advise you where to get this pack. You should discuss your options regarding maternity leave and pay with your personnel officer or employer early in pregnancy; ensure everything is in writing. An FW8 certificate will be issued in early pregnancy entitling you to free prescriptions and dental treatment. Your midwife will also supply you with a maternity certificate at 20 weeks of pregnancy (Mat B1) to claim your entitlement. Families on certain benefits can get some support known as Healthy Start and will receive vouchers for free milk, fruit, vegetables and vitamins.

**Healthy eating and drinking.** Make sure you eat a variety of different foods to get the right balance of nutrients for your growing baby and for your body to deal with the changes taking place. It is important to prepare and cook your food carefully to prevent food poisoning. Foods such as ready meals, meat, poultry, shellfish and eggs need to be thoroughly cooked. Avoid pâté and mould-ripened soft cheeses; liver and liver products; peanuts and unpasteurised milk. Have no more than two portions of oily fish a week and avoid marlin, swordfish and shark. It is advised that you take supplements of folic acid, which helps to prevent abnormalities in the baby, eg spina bifida. The recommended dose is 0.4mg per day for at least 8 weeks before pregnancy, and up to 12 weeks into the pregnancy. If you have diabetes or are taking anti-epileptic drugs or have a family history of fetal anomalies, the recommended dose is 5mg per day. **Vitamin D** is needed for healthy bone development. To protect your baby and yourself from the problems caused by low levels, a 10mcgs Vitamin D supplement is recommended as found in the Healthy Start Vitamins. Vitamin A supplements should NOT be taken in pregnancy and any other supplements should only be taken after checking with your midwife. If you require more advice about your diet your midwife can refer you to a dietitian.

**Weight control.** It is important to accept you are going to put weight on in your pregnancy. The normal changes in your body during pregnancy and the growing baby can add up to an average weight gain of around 11kg. The more weight you put on above the recommended amount in pregnancy, the more weight you will be left carrying after the birth of your baby. It is recommended you are weighed at the beginning of your pregnancy and again near the end.

- **Caffeine** is a stimulant that is contained in tea, coffee and cola drinks. Too much caffeine should be avoided as it is passed through the placenta and may affect your baby.
- **Alcohol** increases the risk of miscarriage or may lead to Fetal Alcohol Syndrome, resulting in severe abnormalities. Pregnant women should avoid drinking alcohol. If you choose to drink during pregnancy, you should drink no more than 1-2 units, once or twice a week. A unit of alcohol = half a pint of beer/ lager, or a single measure of spirits or a small glass of wine. Getting drunk or binge drinking could harm your unborn baby.
- **Drugs.** Taking street drugs during pregnancy is not recommended as it may seriously harm you and your baby. Over-the-counter medicines should also be avoided.

**Smoking.** When you smoke tobacco, carbon monoxide, nicotine and other toxic chemicals cross the placenta directly into the baby's blood stream - so the baby smokes with you. This will reduce its oxygen and nourishment, and put it at risk of low birth weight, premature birth, and other problems. The sooner you stop smoking the better, to give your baby a healthy start in life. Your midwife can arrange referral to your local smoking cessation coordinator or group (see NHS Pregnancy Smoking Helpline, page 26). Cannabis smoking should also be avoided during pregnancy as it produces higher levels of carbon monoxide.

**Hygiene.** When you are pregnant your immune system changes and you are more prone to infections. It is really important you try to reduce the risk of infections by: good personal hygiene, washing your hands properly before and after preparing food, after using the toilet or sneezing/blowing your nose. Always wear gloves when gardening or handling cat litter as toxoplasmosis can be found in cat faeces. If you feel unwell, have a sore throat or respiratory infection contact your midwife or GP for advice.

**Travel.** If you are planning to travel abroad, you should discuss flying, vaccinations and travel insurance with your midwife or doctor. Long-haul flights can increase the risk of deep vein thrombo-embolism (DVT).

**Car safety.** To protect you and your unborn baby, always wear a seatbelt with the diagonal strap across your body between your breasts and the lap belt over your upper thighs. The straps then lie above and below your 'bump', not over it. Also, make sure all baby/child seats are fitted correctly according to British Safety Standards.

**Relationships.** Some women find pregnancy to be a time of increased stress and physical discomfort. It can greatly affect your emotional state, your body image and relationships with others. If you feel anxious or worried about anything, you can discuss your problems in confidence with your midwife or doctor.

**Domestic violence.** 1 in 4 women experience domestic abuse at some point in their lives, and many cases start during pregnancy. It can take many forms, including physical, sexual, financial control, mental or emotional abuse. Where abuse already exists, it has been shown that it may worsen during pregnancy and after the birth. Domestic abuse can lead to serious complications which affect you and your baby. You can speak in confidence to your healthcare team who can offer help and support. Or you may prefer to contact a support agency such as The National Domestic Violence Helpline (see page 26).

**Exercise.** Regular exercise is important to keep you fit and supple. Make sure your instructor knows you are pregnant. Provided you are healthy and have discussed this with your midwife, exercise such as swimming or aquanatal classes are safe. Scuba diving and any vigorous exercise or contact sports should be avoided. It is recommended you do pelvic floor exercises daily during pregnancy. You should aim for eight contractions three times a day; your midwife will advise you on how to do these.



**Special features**

Height	Weight booking	BMI	Weight 3rd trimester	Blood group	Age	Para	EDD
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

<b>Key points</b> (from management plan, page 13)	<b>Labour, delivery &amp; postnatal</b>	Paediatric alert form <input type="checkbox"/>
Medications	Allergies	Paediatrician to be present <input type="checkbox"/> Seniority _____ Reason _____

### Plans for Pregnancy

Topics	Not applicable	Discussed	Signature* and Date	Your intentions or preferences	Leaflets given
Parents Guide to Money pack		<input type="checkbox"/>			
Employment rights	<input type="checkbox"/>	<input type="checkbox"/>			
Maternity benefits	<input type="checkbox"/>	<input type="checkbox"/>			
Healthy eating		<input type="checkbox"/>		Start date <input type="text"/>	
Vitamin D / Healthy Start Vitamins		<input type="checkbox"/>			
Caffeine		<input type="checkbox"/>			
Alcohol		<input type="checkbox"/>			
Drugs		<input type="checkbox"/>			
Carbon Monoxide Testing		<input type="checkbox"/>		Result _____	
Repeat testing		<input type="checkbox"/>			
Update management plan page 13					
Hygiene		<input type="checkbox"/>			
<b>Smoking</b>					
Effect on baby	<input type="checkbox"/>	<input type="checkbox"/>			
Effect on mother	<input type="checkbox"/>	<input type="checkbox"/>			
Smoking cessation	<input type="checkbox"/>	<input type="checkbox"/>		First appointment: <input type="text"/>	
Travel safety		<input type="checkbox"/>			
Seat belts		<input type="checkbox"/>			
Feelings about pregnancy		<input type="checkbox"/>			
Stresses in pregnancy		<input type="checkbox"/>			
Support at home		<input type="checkbox"/>			
Sex in pregnancy		<input type="checkbox"/>			
Exercise (Inc. pelvic floor)		<input type="checkbox"/>			
Aquanatal		<input type="checkbox"/>			

### Your carers

**Midwife.** Your midwifery team are usually the main care providers throughout your pregnancy. They provide care and support for women and their families during pregnancy, childbirth and the early days after the birth. They will work in partnership with you and your family to ensure you can make informed decisions about your care. Your midwives will arrange to see you at clinics in the local community and will visit you at home after the birth of your baby. If you need to contact your midwife please refer to the telephone numbers on page 1 of this booklet.

**Supervisor of Midwives** are experienced practising midwives who have had additional training to support, guide and supervise midwives. Every midwife has a named supervisor. As well as supporting midwives they also can support and advise you. If you have any concerns about your maternity care experience you can discuss this with a supervisor of midwives, if you feel unable to discuss it with your midwife. They can be contacted 24 hours a day by telephoning your local maternity unit- see page 1 of this booklet. For more information; see the 'Support for Parents' leaflet or ask your midwife.

**Obstetrician.** A doctor who specialises in the care of women during pregnancy and childbirth. You may be referred to an Obstetrician at the beginning of your pregnancy if you already have a medical problem, or during pregnancy if there are any concerns about your health or the health of the baby. They will discuss with you a plan of care.

**General Practitioner (GP).** Doctors who work in the community, providing care for all aspects of health for you and your family throughout your lifetime.

**Specialists.** Some women with medical problems, such as diabetes, may need to be referred to a specialist for additional care during pregnancy. They may continue to provide care for you, after you have had your baby.

\* Signatures must be listed on page 26 for identification

Name
Unit No