

## Trust your instincts

If in doubt, get checked out!

Be confident and report any concerns

Ensure your concerns are acted upon

If worried about any aspect of your care, ask to speak to your Head of Midwifery

## Post Natal Depression (PND)

A number of studies indicate that 10-15% of new mothers experience PND.

### Common signs include:

- Continuous low mood or low self-esteem
- Sadness/ tearfulness or feelings of guilt
- Change in appetite or weight
- Unexplained aches and pains
- Lack of energy or lack of interest in sex
- Disturbed sleep patterns

**You can discuss your feelings with your GP or Health Visitor who will be able to listen and provide confidential advice.**

## About Us:

MAMA Academy is a charity helping babies arrive safely. We support expectant mums and midwives to aid consistent maternity care throughout the UK. All our information is written by our team of medical advisors.

## Wellbeing Wallets:

Keep your antenatal notes safe whilst empowering yourself with key pregnancy information to have a safer pregnancy. Supported by the Department of Health & NHS England.

Just £2 from the MAMA Academy website.



“Every mum to be’s must have!”

- Dr Ranj

## Contact Us:

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Essential information  
for mums to be

## Foods to avoid



- ✗ Soft mould-ripened and soft blue-veined cheeses
- ✗ Raw or undercooked shellfish and meats (including dry cured meats) Liver and products that contain liver such as pate
- ✗ Eggs that are not 'British Lion Quality' marked (including homemade mayonnaise)
- ✗ Vitamin A supplements e.g. fish liver oils
- ✗ Raw fruit and vegetables that haven't been washed



## Keeping healthy

- ✓ Attend all your antenatal appointments
- ✓ Wash your hands before and after handling food
- ✓ Avoid people with infections such as chickenpox and slapped cheek syndrome
- ✓ Give up smoking
- ✓ Stop drinking alcohol
- ✓ Eat a healthy diet. Eat for you, not two!
- ✓ Stay active by joining a local exercise group or walk and talk with a friend

## Your baby's movements

From 16 to 24 weeks, you should feel your baby move more and more up until 32 weeks. Movements then stay about the same until your baby is born.

Although a change in your baby's movements could be nothing to worry about, if you notice a reduction, you should call your midwife straight away.

Don't rely on home dopplers, hand-held monitors or phone apps to check your baby's wellbeing. They don't always give a true picture of your baby's health.

Babies movements should not slow down towards the end of pregnancy or during labour. If your baby's movements reduce again after your check up call your maternity team, no matter how many times this happens.

**If you think your baby's movements have changed after 28 weeks, call your maternity unit straight away. You should be asked to go in for assessment.**



## Ask your midwife

- What services are available locally to help me stay active?
- What can I do to reduce my chance of pregnancy complications?
- How can I book my free flu and whooping cough jabs?
- Can we discuss a birth plan?
- What is delayed cord clamping?
- What breastfeeding services are there?

## Call your maternity unit



### Immediately if you have:

- Noticed your baby's movements slow down or change (from 28 weeks)
- Vaginal bleeding or leaking fluid (clear or any colour)
- A high temperature OR persistent headache
- Obvious swelling of your hands and face, or upper body
- Problems with vision (blurring, flashing lights or spots, difficulty focusing)
- Severe pain just below the ribs in the middle of your tummy

### Within 24 hours if you have:

- Itching (particularly hands or feet)
- Abnormal discharge OR soreness around your vagina

## Normal signs of labour

- Backache or tightenings that become stronger, more regular and last for longer
- Waters breaking (will be confirmed by a midwife)

**If you think labour has started, phone your maternity unit for advice.**