

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

Your mental health & wellbeing

Having a baby is a big life event, and it's natural to experience a range of emotions and reactions during and after your pregnancy. But if they start to have a big impact on how you live your life, you might be experiencing mental health difficulties.

Around one in five women will experience mental health difficulties during pregnancy or in the year after giving birth. This might be a new mental health problem or another episode of a mental health problem you've experienced before. These are known as perinatal mental health problems.

It's important to ask for help or support if you need it. You're likely to find that many new parents are feeling the same way.

About Us:

MAMA Academy, the safer pregnancy charity, is on a mission to help more babies arrive safely. We empower expectant parents with the Department of Health's safer pregnancy information as well as equip healthcare professionals with the latest guidelines and research so they can provide the best maternity care in the UK.

Pregnancy Passports:

Empower yourself with essential pregnancy information wherever you go.

Secure important documents such as growth charts and scan pictures.

Just £2 from the MAMA Academy website.

"Every parent to be's must have!" - Dr Ranj



Contact Us:

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Essential information for expectant parents

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 pâté)
- ✗ 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

Look after yourself

- ✓ Attend all of 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 and caffeine
- ✓ Avoid infection by washing your hands regularly and thoroughly
- ✓ Stay active by joining a local exercise group or walk and talk with a friend



Your baby's movements

From 16 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 call your maternity team, no matter how many times this happens.

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

Ask your midwife

- How can I eat and drink healthily and stay active? (Only eat for you, not for two)
- 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 my birth choices?
- What is optimal cord clamping?
- What information is available about feeding my baby?



Call your maternity unit



Immediately if you have:

- Noticed your baby's movements slow down or change
- Any 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 (hands, feet or anywhere else)
- Abnormal discharge OR soreness around your vagina

Sleep on side

- During the third trimester it is recommended that you fall asleep on your side
- Don't worry if you wake up on your back, simply settle back on your side

Research shows that this is safer for your baby.