

# Pregnancy and birth Personal care plans



[www.humberandnorthyorkshirematernity.org.uk](http://www.humberandnorthyorkshirematernity.org.uk)

This booklet contains information about having a baby in Humber and North Yorkshire.



**Humber and North Yorkshire**  
Health and Care Partnership

## What is a personal care plan?

Personal care plans help you to explore, understand and record your individual choices for pregnancy, birth and early parenthood. Everyone and their family is different, with individual needs, which have an influence on care and preferences. Decisions regarding care should be made in partnership with your maternity team and those close to you (such as family and friends). Plans can adapt as your pregnancy progresses if needed. Personal care plans are for everyone, whether it is your first baby or your fifth!

In this booklet you will find personal care plans for:

### Health and wellbeing in pregnancy

Pages: 5-11

Complete at the beginning of (or anytime during) your pregnancy. A good time may be in your 20th week of pregnancy

### Personalised birth preferences

Pages: 12-19

Often completed at around 32-34 weeks of pregnancy – there is some flexibility around this

### Dads, partners and co-parents

Page: 20

Often completed at around 32-34 weeks of pregnancy – there is some flexibility around this

### After your baby is born

Pages: 21-26

Complete from 34 weeks of pregnancy

### Birth afterthoughts

Pages: 27-30

Complete after your baby's birth

Your midwife and/or doctor can help you to complete or adapt your personal care plans at any point, and you are encouraged to share your plans and preferences with them throughout pregnancy. Remember it is important to let them know what matters to you.

It is important to remember that a plan is just that – and that things may need to be reviewed and changed around your needs and the needs of your baby, to ensure care is always high quality and safe.

## How to use this booklet

During pregnancy we encourage everyone to complete their own personal care plans, in partnership with their midwives and/or doctors. These personal care plans can be handwritten in this booklet.

In this booklet you will find five different personalised care plans. Keep this booklet with your handheld maternity notes, so you can discuss them with your maternity team at your appointments.

Completing these personal care plans will support you in your preferences for pregnancy, birth and parenthood.

You will note that we refer to you/I in much of this document but this does not mean that you need to complete the plans alone, we know that you may want to complete some of the sections following discussion with your family.

## Choosing place of birth

In Humber and North Yorkshire, each maternity unit offers choices for where you can give birth to your baby, and in addition you can choose any hospital you prefer. <https://www.humberandnorthyorkshirematernity.org.uk/pregnancy-journey/im-pregnantwhat-next/>

Hull University Teaching Hospitals NHS Trust has a labour ward, the Fatima Allam alongside midwifery led unit and the offer of a home birth.

Northern Lincolnshire and Goole NHS Foundation Trust offers labour, delivery, recovery and postnatal care in your own en-suite room at Diana, Princess of Wales Hospital, Grimsby, a labour ward at Scunthorpe General Hospital, a freestanding birthing facility at Goole District Hospital and a home birth offer for all sites.

York and Scarborough Teaching Hospitals NHS Foundation Trust has a labour ward at both York and Scarborough General Hospitals and the hospital midwifery teams offer a home birth service.

## About me

My due date is...

My maternity unit is...

My intended place of birth  
(home, midwife-led unit or obstetric-led unit) is...

My team's name is....

My named midwife is.....

My midwife/team contact details are.....

My named obstetric consultant is....

My known medical condition/allergies/disabilities are....

I identify myself as... (she/her; he/him; they/them)

## Health and wellbeing in pregnancy



### Physical health and wellbeing

**1/ I have a long term condition(s) that may affect my pregnancy (please list):**

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There are many conditions that may or may not have an impact on your pregnancy. Ask your GP, doctor or midwife about any conditions you have, or may have had in the past.

**2/ It is recommended that you discuss pre-existing medical conditions and/or special requirements with your GP, midwife or doctor prior to becoming pregnant or in early pregnancy...**

- I have discussed my pre-existing medical condition(s) with my maternity team
- I have discussed my partner's (if applicable) pre-existing medical condition(s) with my maternity team
- I require further support with my medical condition(s) or special needs
- I am not sure/I would like to find out more

**Notes:**

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**3/ I am taking the following medication and/or supplements...**


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- I am aware of the recommendations and I have discussed this with my GP, doctor or midwife
- I am not sure/I would like to find out more

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

**My thoughts, feelings and questions:**


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**4/ I have additional requirements...**

- I will need help at appointments to translate into my language
- I have allergies and/or special dietary requirements
- I have religious beliefs and customs that I would like to be observed
- I/my partner have additional needs

If you have any special requirements, please tell your maternity team as early as possible. Use of interpreting services vary depending on local policy and availability, please discuss with your midwife.

**My thoughts, feelings and questions:**


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## Eating, drinking and exercise

**5/ It is recommended that you avoid some foods whilst pregnant, as they can cause harm to you and your unborn baby...**

- I am aware of what foods to avoid in pregnancy
- I am not sure/I would like to find out more

Advice changes about which foods to avoid, please refer to the NHS website for the latest information.

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

**Notes:**

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

- I am aware of my nutritional needs in pregnancy
- I have specific circumstances that affect my dietary requirements and I would like guidance from my maternity team
- I am not sure/I would like to find out more

**My thoughts, feelings and questions:**

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**7/ For the majority, regular light to moderate exercise is recommended in pregnancy...**

- I am aware of the recommendations about exercise
- I have a condition that affects my ability to exercise and I would like guidance from my maternity team
- I am not sure/I would like to find out more

**My thoughts, feelings and questions:**


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**8/ For the health and wellbeing of you and your baby, you are advised not to smoke, drink alcohol or use recreational drugs in pregnancy...**

- 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.

**My thoughts, feelings and questions:**


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**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.

**9/ I have a long term mental health condition that may affect my pregnancy...**

- Anxiety
- Schizoaffective disorder
- Depression
- Schizophrenia or any other psychotic illness
- Eating disorder
- Postpartum psychosis
- Post-traumatic stress disorder
- Any other mental health condition for which you have seen a psychiatrist or other mental health professional
- Personality disorder
- Bipolar affective disorder (also known as manic depression or mania)

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

**My thoughts, feelings and questions:**

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**10/ This is how I'm feeling at the moment...**

Write down any concerns or worries you have, and talk to your friends, family, midwife, GP or doctor.

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**11/ Getting to know your baby during pregnancy helps to build strong parental relationships and will also help with your emotional wellbeing. You can try...**

- Talking, singing or playing music to your unborn baby
- Gently massaging your bump
- Pregnancy yoga and/or hypnobirthing
- Using an app to track your baby's growth and development
- Reading UNICEF's 'building a happy baby guide'  
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/building-a-happy-baby/>

Doing these simple things regularly is known to release a hormone called oxytocin, a hormone which can help your baby's brain to develop and makes you feel good.

**My thoughts, feelings and questions:**

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**12/ I am aware of things I can do to enhance my emotional wellbeing...**

- Taking regular gentle exercise, such as pregnancy yoga, walking or swimming
- Ensuring I eat well

- Trying relaxation techniques, listening to music, meditation or breathing exercises
- Taking time for myself, somewhere I can relax
- Talking to someone I trust – friend, family, midwife, GP or doctor
- Asking for practical help with household chores or other children

**My thoughts, feelings and questions:**

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**13/ Specialist support for anxiety and depression during pregnancy or any other mental health condition is available...**

- I am aware of how to access mental health support if I need it whilst pregnant
- I am not sure/I would like to find out more

If you feel that you need some emotional support, you can refer yourself to your local talking therapies service. Information can be found on the NHS website.

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

**My thoughts, feelings and questions:**

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**14/ Emotions my partner, family and I should look out for include...**

- Tearfulness
- Feeling overwhelmed
- Feeling irritable or arguing more often
- Difficulty concentrating
- Change in appetite
- Problems sleeping or extreme energy
- Racing thoughts
- Feeling very anxious
- Loss of interest in things I normally like

- Being so afraid of birth that I don't want to go through with it
- Having unpleasant thoughts that I can't control or keep coming back
- Suicidal feelings or thoughts of self-harm
- Repeating actions or developing strict rituals
- Lack of feeling towards my unborn baby

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

**My thoughts, feelings and questions:**

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## Personalised birth preferences



**1/ I am aware of my choices of birth setting (home, birth centre and labour ward) and have had a discussion with my midwife/doctor about which option is recommended for me. I would prefer to give birth...**

- At home
- In an alongside birth centre
- A freestanding labour facility
- In a labour ward
- I prefer to wait and see
- I am not sure/I would like to find out more

Certain options might be recommended for you based on your personal health and pregnancy. More information can be found on the LMS website.

<https://www.humberandnorthyorkshirematernity.org.uk/labour-and-birth/>

**My thoughts, feelings and questions:**

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**2/ My birth partner(s) will be...**

Please check birth partner attendance guidance at the time of your expected birth as this can change.

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**3/ 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.

**My thoughts, feelings and questions:**

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**4/ I have additional requirements...**

- I will need help to translate into my language
- I have allergies and/or special dietary requirements
- I have religious beliefs and customs that I would like to be observed
- I/my partner have additional needs

If you have any special requirements, please tell your maternity team as early as possible.

**My thoughts, feelings and questions:**

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**5/ I have had a discussion with my midwife/doctor about how I would like to give birth, my thoughts and feelings are...**

The majority of women will have a vaginal birth, however for some a caesarean birth may be preferred/recommended.

**My thoughts, feelings and questions:**

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**If you are having a planned caesarean birth please go to number 15 on page 18.**

**6/ 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
- I am not sure/I would like to find out more

If you go past your due date, and you have certain medical conditions, or your doctor is concerned about the health of your baby you may be offered an induction of labour. This will be planned carefully with your midwife/doctor.

**My thoughts, feelings and questions:**

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**7/ During labour and birth I would consider the following coping strategies/pain relief...**

- I prefer to avoid all pain relief
- Self-hypnosis/hypnobirthing
- Aromatherapy/homeopathy/reflexology
- Water (bath or birthing pool)
- TENS machine (transcutaneous electrical nerve stimulation)
- Gas and air (entonox)
- Pethidine/diamorphine/meptid (opioid injection)
- Epidural
- I prefer to wait and see
- I am not sure/would like to find out more

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:**

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**8/ 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
- I prefer to wait and see
- I am not sure/I would like to find out more

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

**My thoughts, feelings and questions:**


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**9/ 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
- I prefer to wait and see
- I am not sure/I would like to find out more

You can learn more about fetal monitoring during your labour and birth in your pregnancy green notes.

**My thoughts, feelings and questions:**


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**10/ 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:**


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**11/ In some circumstances, your midwife or doctor may recommend interventions to assist with your labour...**

- I am aware of why assistance/intervention might be recommended
- I understand the possible reasons for transferring my care from a homebirth, the Fatima Allam Birth Centre or the Goole Freestanding Midwifery Unit, to the labour ward
- I am not sure/I would like to find out more

Interventions may be recommended if your labour slows down, or if there are concerns with you or your baby's health.

**My thoughts, feelings and questions:**


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**12/ In some circumstances, your maternity team may recommend an assisted or caesarean birth...**

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

An assisted or caesarean birth may be recommended 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.

**My thoughts, feelings and questions:**

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**13/ In some circumstances, your midwife or doctor may recommend a cut to the perineum to facilitate birth (episiotomy)...**

- 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/doctor is concerned that your baby needs to be born quickly. Your midwife/ doctor will always ask for your consent.

**My thoughts, feelings and questions:**

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**14/ After your baby is born, you will birth your placenta (this is known as the third stage of labour).**

- I would like to have delayed cord clamping if possible
- I would like to have a natural (physiological) third stage, the cord is left intact and I push the placenta out myself
- I would like to have an active third stage, where the cord is cut after a few minutes and I receive an injection of oxytocin, and the midwife/doctor supports me to deliver my placenta
- I prefer to wait and see

- I am not sure/I would like to find out more
- I/my birth partner would like to cut the umbilical cord
- I prefer the midwife/doctor to cut the umbilical cord

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

**My thoughts, feelings and questions:**

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**15/ Skin-to-skin contact with your baby immediately after birth is recommended for all...**

- I understand why skin-to-skin contact is recommended
- I would like immediate skin-to-skin contact
- I prefer to wait and see
- I am not sure/I would like to find out more

As long as you and your baby are both well, skin-to-skin can be done following any type of birth. Your partner can also have skin-to-skin contact with your baby.

**My thoughts, feelings and questions:**

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**16/ I am aware that I will be provided with support to feed my baby, my thoughts around feeding are...**

During pregnancy you will have a chance to discuss infant feeding, this will include information about the value of breastfeeding. A midwife 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 LMS website:

<https://www.humberandnorthyorkshirematernity.org.uk/after-the-birth/feeding-your-baby/>

**My thoughts, feelings and questions:**

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**17/ After my baby is born, he or she will be offered Vitamin K...**

Vitamin K is a supplement that is recommended for all babies that prevents a rare condition known as Vitamin K Deficiency Bleeding (VKDB). It has no known side effects. Information can be found on the NHS website.

<https://www.nhs.uk/pregnancy/labour-and-birth/after-the-birth/what-happens-straight-after/>

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

**My thoughts, feelings and questions:**

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## Dads, partners and co-parents



Finding out you are going to welcome a new family member can throw up a whole range of thoughts and emotions. Your role is a crucial one and your support can make a difference to how things turn out for both mum and baby.

In order to support my partner during labour I would like to do the following:

- Keep you company and help pass the time during the early stages
- Hold your hand, wipe your face and give you sips of water
- Massage your back and shoulders, and help you move about or change position
- Comfort you as your labour progresses and your contractions get stronger
- Support you with relaxation and breathing techniques, perhaps breathing with you if it helps
- Support your decisions, such as the pain relief you choose, even if they're different from what's in your birth plan
- Help you explain to the midwife or doctor what you need – and help them communicate with you – which can help you feel more in control of the situation
- Tell you what's happening as your baby is being born if you cannot see what's going on
- Cut the umbilical cord if possible – you can talk to your midwife about this
- Tell my partner the sex of the baby
- Inform relatives after the birth

Information for partners and families can be found in the LMS website.

<https://www.humberandnorthyorkshirematernity.org.uk/partners-and-families/>

**My thoughts, feeling and questions are:**

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## After your baby is born



### Developing a relationship with your baby

**1/ Have you watched UNICEF's 'Meeting your baby for the first time' video?** <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/meeting-baby-for-the-first-time-video/>

- Yes
- No
- I am not sure/would like to know more

**My thoughts, feelings and questions:**

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**2/ Skin-to-skin contact with your baby after birth and beyond is recommended for all...**

- I am aware of the benefits of skin-to-skin contact
- I am not sure/I would like to find out more

**My thoughts, feelings and questions:**

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**3/ Everyone is given information about the value of breastfeeding, and how to get infant feeding off to a good start...**

- I am aware of the value of breastfeeding
- I am aware of how to get feeding off to a good start
- I am not sure/I would like to find out more

**My thoughts, feelings and questions:**

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**4/ Babies often show early signs that they might be ready to feed...**

- I am aware of the signs to look out for that my baby might be ready to feed
- I am not sure/I would like to find out more

**Early signs that your baby may be ready to feed are...**

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### Preparing for the first few hours and days after birth

**5/ Visiting hours at your maternity unit can vary...**

- I have checked visiting times and I am aware of who can visit me after birth
- I am not sure/I would like to find out more

**My thoughts, feelings and questions:**

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**6/ Thinking about having things ready at home...**

Think about what things you could do now to make caring for yourself and your baby easier at home.

**My thoughts, feelings and questions:**

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**7/ Thinking about who will be able to support you after giving birth when at home...**

Your partner, friends, family or a neighbour, it's worth considering who will be able to help you at home.

**My thoughts, feelings and questions:**

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## Your physical and emotional wellbeing after birth

**8/ 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

**My thoughts, feelings and questions:**

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**9/ 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
- I am not sure/I would like to find out more

**My thoughts, feelings and questions:**

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**10/ Feelings I and my family should look out for include...**

- Persistent sadness/low mood
- Lack of energy/feeling overly tired
- Feeling unable to look after my baby
- Problems concentrating or making decisions
- Changes in appetite

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

If you are worried by any of these feelings, talk to someone you trust and/or your midwife, health visitor or GP and access the Every Mum Matters website.

<https://www.everymumatters.com/>

**My thoughts, feelings and questions:**

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## Caring for your baby

**11/ Things to consider before going home include...**

- Scheduling of your BCG (tuberculosis) vaccination if required
- How to tell if your baby is feeding well
- Signs of an unwell baby and what to do if you're worried
- Changes to expect in your baby's nappy

The team in your maternity unit will be on hand to provide support.

**My thoughts, feelings and questions:**

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**12/ Things to consider for when you are at home include...**

- Safe sleeping practices (reducing the risk of sudden infant death syndrome)  
<https://www.humberandnorthyorkshirematernity.org.uk/after-the-birth/safe-sleeping/>
- Newborn jaundice – what’s normal, and what might need reviewing
- The newborn blood spot screening test  
<https://www.nhs.uk/conditions/baby/newborn-screening/blood-spot-test/>
- Umbilical cord care and skin care
- Bathing your baby

**My thoughts, feelings and questions:**


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**Community care and next steps****13/ 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 Children’s Centres
- I am not sure/I would like to know more

**My thoughts, feelings and questions:**


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**14/ After the birth, I will need to ...**

- Register my baby’s birth within six weeks
- Register my baby with my GP
- Book a postnatal check with my GP at six to eight weeks after the birth for both me and my baby

- If recommended by my midwife or doctor, arrange for further tests at my GP surgery

**My thoughts, feelings and questions:**

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**15/ If you have a pre-existing medical condition or if you were unwell around the time of your birth, you may have specific medical recommendations made by your doctor...**

- I have a pre-existing medical condition and I have discussed my specific postnatal care requirements with my doctor and midwife
- I experienced complications/was unwell around the birth, I am aware of the implications this may have on my postnatal care
- I am not sure/I would like to know more

**My thoughts, feelings and questions:**

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## Birth afterthoughts



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

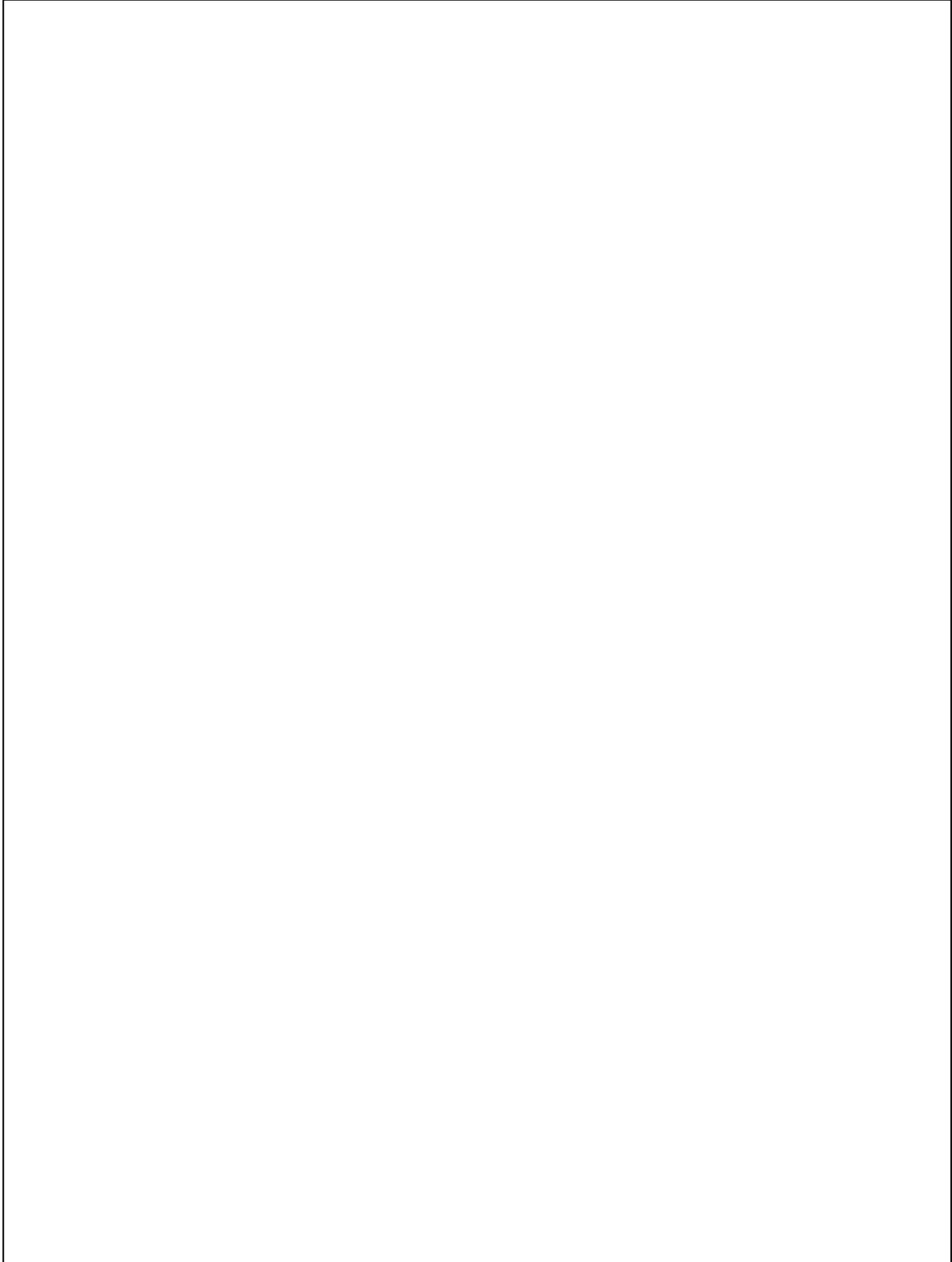
Use the space below to write down any significant concerns (medical, emotional or other) about your experience of pregnancy, labour, birth and immediately after birth – particularly if you think it could have an effect on your long term physical or emotional health, or the health of your baby. If you want to speak about your birth experience please contact your midwife.

**1/ In pregnancy...**

My thoughts, feelings and questions:

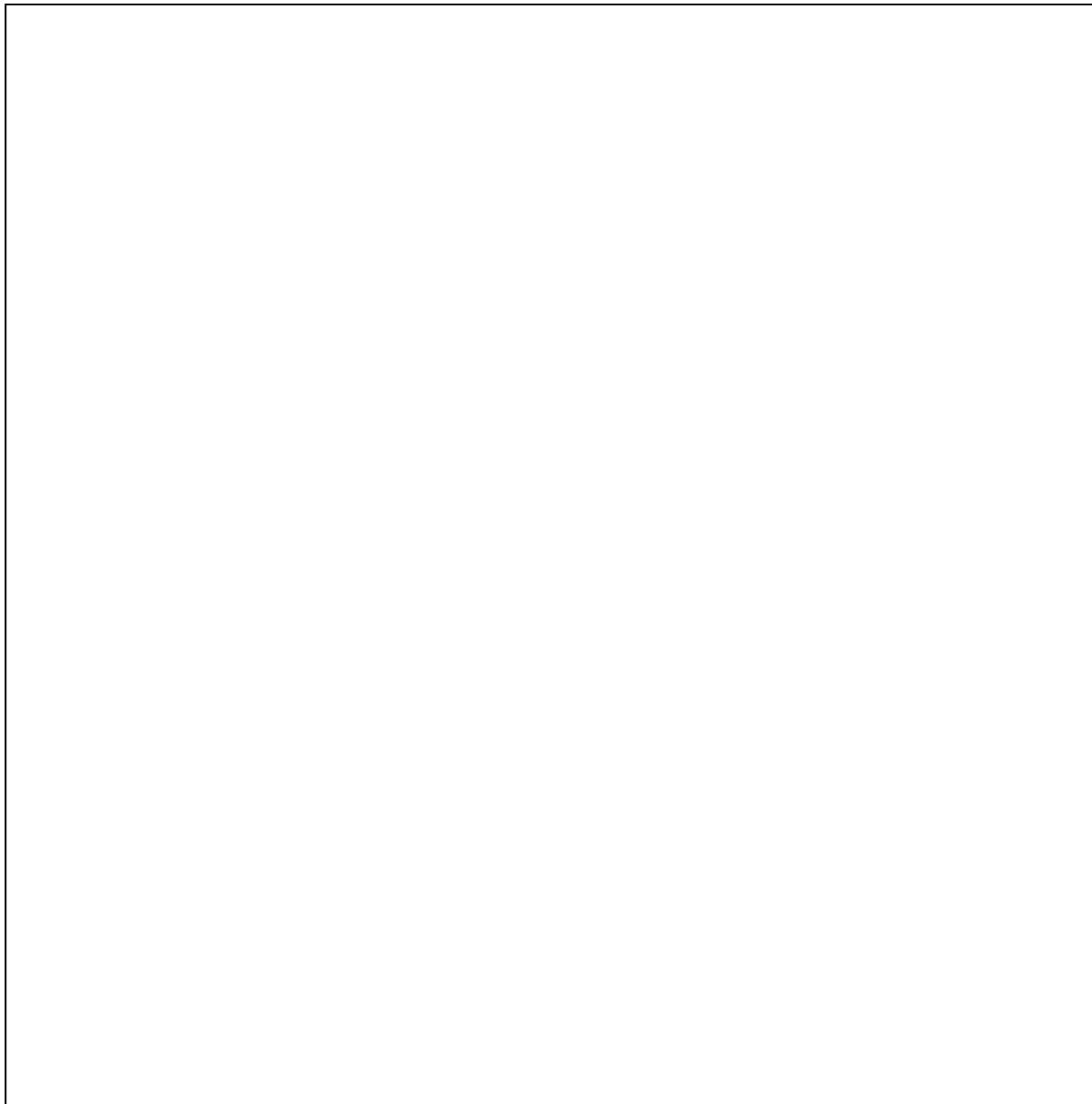
**2/ Around labour and birth...**

My thoughts, feelings and questions:

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts, feelings, and questions about labour and birth.

### 3/ After birth...

My thoughts, feelings and questions:



It can be helpful to review events around pregnancy and birth; all Humber and North Yorkshire maternity units have a birth afterthoughts service that can be accessed at any time after giving birth or when you return for subsequent pregnancies. Ask your midwife or health visitor how to access this service at your maternity unit.

**You can keep this booklet after your baby is born, you may find it is a useful record of your choices and preferences, and it may help and support you in any future pregnancy.**

## Ask a Midwife service



Have a question about your pregnancy, birthing options, or the care of a newborn baby?

Ask a Midwife is a social media enabled messaging service where you can get the answers.

York & Scarborough: [@yorkandscarboroughbumps2babies](#)  
 Hull & East Riding: [@heynhswc](#)  
 North & North East Lincolnshire: [@nlagmaternity](#)  
 email: [hny.lms@nhs.net](mailto:hny.lms@nhs.net)





**Humber and North Yorkshire**  
Health and Care Partnership

[www.humberandnorthyorkshirematernity.org.uk](http://www.humberandnorthyorkshirematernity.org.uk)

Please contact the hospital directly if your query is urgent.







**Humber and North Yorkshire**  
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## The Local Maternity and Neonatal System website

A comprehensive guide to support people who are **thinking about having children**, who are **already pregnant** or who have **recently had a baby**

[www.humberandnorthyorkshirematernity.org.uk](http://www.humberandnorthyorkshirematernity.org.uk)





HUMBER & NORTH YORKSHIRE

## Maternity Voices Group

Networking Maternity Voices Partnerships in Humber & North Yorkshire

**Please share your experiences with your Maternity Voices Partnership - parents, midwives and healthcare professionals working together to develop maternity care.**

<https://www.maternityvoiceshny.uk>