



**My Choices for Pregnancy,
Birth and Early Parenthood**

Bump, Baby and Beyond

**Empowering individuals
on their journey to
parenthood**



Cheshire and Merseyside

This booklet is for you to complete during your pregnancy. Try and read this booklet early on and throughout your pregnancy. It has a lot of useful information for you to refer to.

Welcome

This booklet will help you think about what matters to you and your family, and which aspects of maternity care you may wish to explore further with those caring for you.

You can use this booklet to record your personal choices and share your thoughts and feelings at each appointment with your midwife or consultant/doctor, to support decisions about your care. It covers pregnancy, birth and after your baby is born.

Looking at this information as soon as possible will help prepare you for your journey to parenthood and you can refer back to the information at any time.



My name is:

I like to be called:

My pronouns are:

My due date is:

I would like you to know these things about me:

My partner/support person's name is:

I would like you to know these things about my partner/support person:

My family and wider support network is made up of:

I'd like you to know these details about my last pregnancy, or my journey to this pregnancy:

I'd like to birth my baby at (Hospital/Home/Other):

Is there anything else you would like your maternity team to be aware of to make sure they can support you in the right way?

For example:

- ☐ I will need help at appointments to translate conversations and leaflets into my preferred 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 has other needs
- ☐ I need documents and leaflets in a different format
- ☐ I have a healthcare related phobia or fear
- ☐ Other/Further details

I may need more support with the following:

- ☐ Housing
- ☐ Benefits
- ☐ Completing or Reading Forms
- ☐ Maternity Pay
- ☐ Rights at Work
- ☐ Other/Further Details

Free and confidential advice on rights at work and maternity pay and benefits for pregnant women and new parents who are living, working or booked for maternity care in the Cheshire and Merseyside region can be found at [Cheshire and Merseyside Maternity Rights - Maternity Action](#)



You can also call **0808 802 0062** (freephone) open 10am - 1pm Monday - Friday. If you call the service outside of these hours you can leave a message and an Adviser will get back to you.

Physical Health & Wellbeing

There are many long-term health conditions that may or may not affect your pregnancy. For example, diabetes, epilepsy or high blood pressure. Use the space below to discuss any thoughts, feelings or questions you have for those caring for you:

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I am taking the following medications and/or supplements:

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You may be eligible for Healthy Start vouchers which can help you buy healthy food and milk. Find out more [NHS Healthy Start](#)



A maternity exemption certificate entitles you to free NHS prescriptions and free NHS dental care. Find out more [Maternity exemption certificates | NHSBSA](#)

Use **BRAINS** to help you make decisions about your care

When care is offered to you or your baby, remember you always have choices about the decisions you make.

When asked to make decisions about your care, think about asking...

- What are my options?
- How long do I have to think about my options and make my decision?



Benefits

- What are the benefits of this procedure or intervention?

Risks

- What are the risks of this procedure or intervention?

Alternatives

- Are there any alternatives?

Intuition

- How do I feel about my decision? What does my 'gut' tell me?

Nothing

- What if I decide to do nothing? What will happen next?

Second Opinion

- Who else can I talk to for help and support with my decision making?

Additional Notes

DRAFT

Your Pregnancy Journey

The picture below shows the points in your pregnancy journey when you will usually see your midwife or health visitor. You may have more appointments according to your health needs. Scan or click on each QR code to find out more.



Booking

Ideally before 10 weeks to consider individual needs

You will be offered antenatal screening tests



12 Weeks

You will be offered a Dating scan

You will be offered urine testing, blood pressure and CO monitoring at every appointment



16 Weeks

Discussion of screening test results



18-22 Weeks

You will be offered an Anomaly scan
Consider booking antenatal classes



25 Weeks

Health and wellbeing check if this is your first baby

Start thinking about your birth preferences and discuss these with your midwife



28 Weeks

You will be offered further blood tests and vaccinations
You may be offered Anti-D



31 Weeks

Health and wellbeing check if this is your first baby



34 Weeks

Health and wellbeing check



36 Weeks

Discuss birth preferences



38 Weeks

Health and wellbeing check



40 Weeks

You may be offered a membrane sweep and/or an induction of labour



41 Weeks +

Health and wellbeing check



If you are worried or have any concerns about your pregnancy, please contact your midwife or maternity unit for support.

My Pregnancy Preferences

My thoughts, feelings or concerns:

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I would like more information about:

- ☐ Vitamins and my diet
- ☐ Support to stop smoking
- ☐ Vaccinations available during pregnancy
- ☐ Antenatal classes
- ☐ Feeding my baby
- ☐ Bonding with my bump
- ☐ Group B Step (GBS)
- ☐ Pelvic health
- ☐ Other:



Further Resources

[Keeping well in pregnancy - NHS](#)

[Screening tests in pregnancy - NHS](#)

[Home | Kind To Your Mind](#)

[Your Baby's Movements: When Does a Baby Start Kicking? | Tommy's](#)

[Quitting smoking is tough, But so am I](#)

[Group B Strep and pregnancy - Group B Strep Support](#)

[Drinking alcohol while pregnant - NHS](#)

My Birth Preferences

My thoughts, feelings or concerns:

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I would like more information about:

- ☐ Where I could give birth
- ☐ Pain relief for birth
- ☐ Options to monitor my baby during birth
- ☐ Vaginal examinations
- ☐ Birthing my placenta
- ☐ Skin to skin
- ☐ Mode of birth
- ☐ Induction of labour
- ☐ Stages of labour
- ☐ Other:



Have you thought about collecting breast milk in pregnancy?
Ask your midwife for more information.



Further Resources

[Labour and birth - NHS](#)

[Premature \(preterm\) birth | Tommy's](#)

[Parents and Families – North West Neonatal Operational Delivery Network](#)

[Caesarean section - NHS](#)

[The stages of labour and birth - NHS](#)

[Twins Trust | Twins Trust - We support twins, triplets and more...](#)

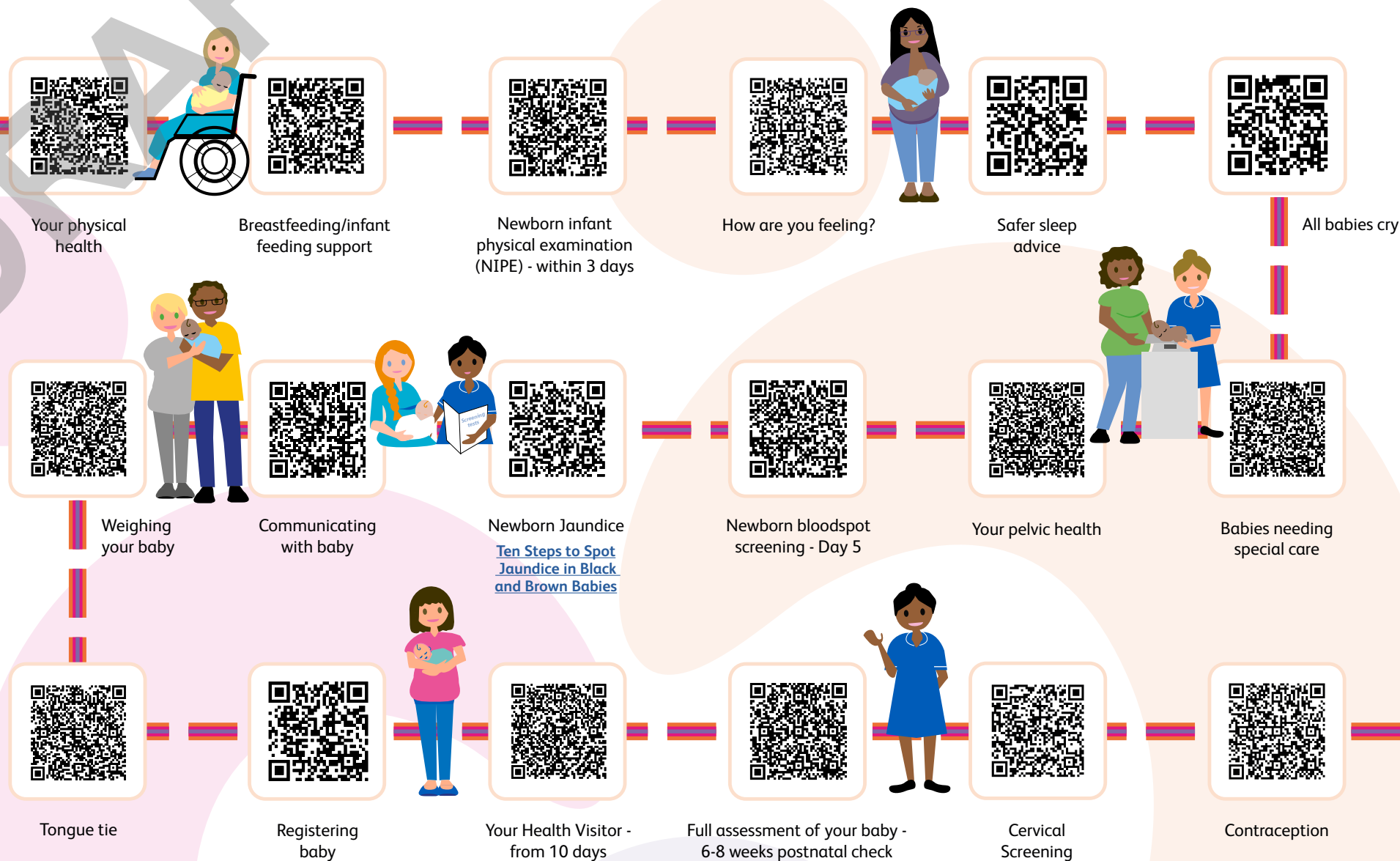
Additional Notes

DRAFT

Handwriting practice area with horizontal dotted lines. The page is decorated with large, overlapping circles in shades of pink, orange, and purple. The word "DRAFT" is written diagonally across the top left.

Your Postnatal Journey

Once your baby is born you will continue to get support from your midwives. You will also get support from Health Visitors as part of the Healthy Child Programme, who will take over in supporting you and your baby. Some of your postnatal appointments will be held at home, and some will take place in hospital or elsewhere in the community. Some families may need more support, this will be discussed with you if it is needed.



My Postnatal Preferences

My thoughts, feelings or concerns:

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I would like more information about:

- ☐ Colostrum
- ☐ Vitamin K
- ☐ Responsive feeding
- ☐ Hospital visiting times
- ☐ Pelvic floor exercises
- ☐ Contraception
- ☐ Local support groups/baby classes
- ☐ Emotional well-being
- ☐ Other:



Further Resources

[After the birth - NHS](#)

[NHS vaccinations and when to have them - NHS](#)

[The Lullaby Trust - Safer sleep for babies, Support for families](#)

[Home - ICON Cope](#)

[Breastfeeding - NHS](#)

My Reflections

Use this space to reflect on your maternity journey. If you have specific concerns share them with your Midwife, Health Visitor or Doctor.

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I would like more information about:

- ☐ The 6-8 week check at the GP
- ☐ Cervical Screening
- ☐ Meeting with my maternity team to discuss my experience
- ☐ How to provide feedback to my maternity team
- ☐ The local Maternity and Neonatal Voices Partnership (MNVP)
- ☐ Other:



[National Maternity Voices](#)

Further Resources

[Register a birth: Overview - GOV.UK](#)

[What is PALS \(Patient Advice and Liaison Service\)? - NHS](#)

[Your 6-week postnatal check - NHS](#)

[Cervical screening - NHS](#)

[Home – Postnatal Depression Support – PANDAS Foundation UK](#)

My Discussion Record

We encourage you to share the notes you have added to this document with your Midwife or Doctor to make sure they can give you individualised support.

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 make sure care is always safe. Always ask those caring for you if you need further explanations.

I have discussed my thoughts, feelings, concerns and questions with those caring for me *(please tick)*:

- ☐ At my Booking appointment
- ☐ Around 16 weeks
- ☐ Around 25 weeks *(if this is your first baby)*
- ☐ Around 28 weeks
- ☐ Around 31 weeks
- ☐ Around 34 weeks
- ☐ Around 36 weeks
- ☐ Around 38 weeks
- ☐ Around 40 weeks
- ☐ Any appointments after my baby's expected due date
- ☐ Other appointments (consultant review/scan/specialist midwife)
- ☐ Postnatal visits



www.improvingme.org.uk



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[x.com/Improvingme1](https://twitter.com/Improvingme1)



www.facebook.com/Improvingme1

**THANK
YOU!!**

The Cheshire & Merseyside Women's Health and Maternity (WHaM) Programme would like to thank all those who have contributed to the development of this booklet.



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www.improvingme.org.uk



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