

# Antenatal Contact

## Topic

**Your feelings about your pregnancy**

## Questions

How did you feel when you found out you were pregnant?



## Information

It is normal to have different feelings about pregnancy.

When you find out you're pregnant, you may feel happy and excited, or shocked, confused and upset. Everybody is different.

**Some of this may be caused by changes in your hormone levels, which can make you feel more emotional:**

<https://www.nhs.uk/pregnancy/finding-out/finding-out-you-are-pregnant/>

**If you're feeling anxious or worried it will help to talk to someone. Read about mental health in pregnancy:**

<https://www.nhs.uk/pregnancy/keeping-well/mental-health/>

**Pregnancy Loss**

<https://www.tommys.org/baby-loss-support>



## Topic

### Your family and friends



## Questions

How did your friends and family feel when you told them you were pregnant?

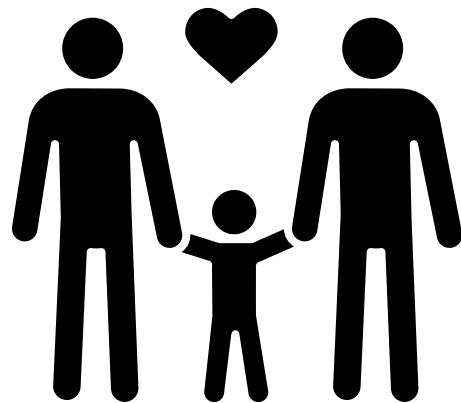
What sort of support do you think they will give you with your new baby?

What support from other people would you like?

## Information

**Have a think about the importance of relationships in pregnancy and beyond:**

<https://www.nhs.uk/baby/support-and-services/relationships-after-having-a-baby/>



### Changing family life and relationships



Thinking about your closest relationships, how do you think having a baby will affect these relationships?

**Having a baby can change our relationships. For 7 ideas on how to reconnect with your partner after having a baby go to:**

<https://www.bbc.co.uk/tiny-happy-people/articles/zmk7fdm>

**Developed with the NHS, the DadPad is the essential guide for dads-to-be and new dads:**

<https://www.thedadpad.co.uk/>

### Domestic Abuse

<https://www.nationaldahelpline.org.uk/>



## Topic

Looking after yourself and your baby



## Questions

What are you doing to look after yourself and your unborn baby?

## Information

It's a really good time to think about how you can look after yourself.

It's important whilst you're pregnant, but also when you have a new baby.

**What should you eat?** – How a mother eats during pregnancy can impact on the long term health and well-being of her child.

Here you can find out about what good nutrition means for pregnant women.

**Find out more about the Healthy Start and Best Start Foods schemes and find links to a number of other organisations and support groups:**

<https://www.firststepsnutrition.org/eating-well-in-pregnancy/>

**Remember you may be able to get financial help when you're pregnant to help with the costs of food:**  
<https://www.healthystart.nhs.uk/>

**The NHS has information about healthy eating when pregnant:**

<https://www.nhs.uk/best-start-in-life/pregnancy/healthy-eating-in-pregnancy/>

**Do you know about vitamins in pregnancy?**  
<https://www.bbc.co.uk/tiny-happy-people/articles/zfhw47h>

<https://www.nhs.uk/best-start-in-life/pregnancy/vitamins-and-supplements-in-pregnancy/>

**Can you exercise in pregnancy?**  
<https://www.nhs.uk/best-start-in-life/pregnancy/exercising-in-pregnancy/>

**What about smoking and alcohol in pregnancy?**  
<https://www.nhs.uk/best-start-in-life/pregnancy/smoking-and-alcohol-during-pregnancy/>

**Pause and think about how you can look after your mental health in pregnancy:**  
<https://www.nhs.uk/best-start-in-life/pregnancy/mental-health-and-pregnancy/>

## Topic

## Your unborn baby

## Questions

What have you learnt about your unborn baby so far?

Has anyone talked to you about how you can begin to develop your baby's brain while you're pregnant?



## Information

**Here are some ideas to help develop your baby's brain and language skills:**

<https://www.bbc.co.uk/tiny-happy-people/articles/zbbnhbk>

**It is important to talk and sing to your baby bump:**

<https://www.bbc.co.uk/tiny-happy-people/articles/zwdrsk7>

<https://www.bbc.co.uk/tiny-happy-people/articles/z6hht39>

**You can massage your bump:**

<https://www.bbc.co.uk/tiny-happy-people/articles/zndby9q>

**You can start to build your baby's brain and your bond with them before they are born:**

[https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/04/happybaby\\_leaflet\\_web.pdf](https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/04/happybaby_leaflet_web.pdf)

**How babies develop brain connections, even before birth:**

[www.bbc.co.uk/tiny-happy-people/articles/zbbnhbk](https://www.bbc.co.uk/tiny-happy-people/articles/zbbnhbk)

## Topic

Your labour and your baby's birth

## Questions

How are you feeling about the birth?

## Information

Here are some common questions about labour answered:

<https://www.bbc.co.uk/tiny-happy-people/articles/zhd22sg#zqchfdm>

Here are ideas on things to pack for the birth:

<https://www.bbc.co.uk/tiny-happy-people/articles/z4rsmfr>



Becoming parents

How are you feeling about the thought of becoming a parent?

If you have a partner, how are they feeling about becoming a parent?



You may find these tips on adjusting to motherhood helpful:

<https://www.bbc.co.uk/tiny-happy-people/articles/zkmdcmn>

For some information and videos about adjusting to parenting:

<https://www.bbc.co.uk/tiny-happy-people/parent-wellbeing>

## Topic

### Caring for your baby



## Questions

How are you feeling about the practical aspects of having a baby?

What are your thoughts and feelings about feeding your baby?

Have you thought about things you could do to help you bond with your baby?



## Information

**For information on the early days and weeks of looking after your baby – coping with crying, understanding your baby, talking to your baby, play and understanding baby jargon see:**

<https://www.bbc.co.uk/tiny-happy-people/newborn-advice>

**To understand why cuddles for your new baby are so important:**

<https://www.bbc.co.uk/tiny-happy-people/articles/z4k9cqt>

**For information on bathing, washing and nail cutting:**

<https://www.nhs.uk/baby/caring-for-a-newborn/washing-and-bathing-your-baby/>

**For information about feeding your baby:**

<https://www.nottinghamshirehealthcare.nhs.uk/infant-feeding/>

<https://www.nhs.uk/best-start-in-life/baby/feeding-your-baby/>

**For information on sleep with a new baby:**

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/08/Caring-for-your-baby-at-night-web.pdf>

**Keeping baby safe when they sleep:**

<https://www.lullabytrust.org.uk/baby-safety/safer-sleep-information/safer-sleep-overview/>

**Ways to bond with your new baby:**

<https://www.nhs.uk/best-start-in-life/baby/baby-basics/bonding-with-your-baby/building-a-close-relationship-with-your-baby/>

**Making nappy changing fun:**

<https://www.bbc.co.uk/tiny-happy-people/articles/zs2htrd>

## Topic

### Your circumstances and community

## Questions

Are you worried about where you are going to live with your new baby?

Have you got any financial or housing stresses that could affect your early weeks with your new baby?



## Information

**Information about support with a new baby:**

<https://www.nhs.uk/best-start-in-life/baby/baby-basics/help-and-support-for-new-parents/>

**For information about your health visitor and how they can support you:**

<https://www.nhs.uk/baby/support-and-services/services-and-support-for-parents/>

**If money is a worry:**

<https://www.nhs.uk/best-start-in-life/baby/baby-basics/help-and-support-for-new-parents/#benefits-advice>

**How to get help buying food and vitamins:**

<https://www.healthystart.nhs.uk/>

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops.


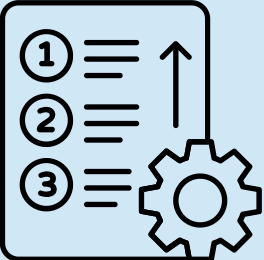

**You can use your card to buy:**

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

**You can also use your card to collect:**

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old.



Topic	Questions	Information
<p>Recent and past life events</p>	<p>Have you had difficult things happen in your life that you think might impact you as a parent?</p>	<p>For more information on mental health and trauma see: <a href="https://www.nhs.uk/baby/support-and-services/feeling-depressed-after-childbirth/">https://www.nhs.uk/baby/support-and-services/feeling-depressed-after-childbirth/</a></p> 
<p>Priorities, plans and support</p> 	<p>What are your priorities and plans for the next few weeks and months with your new baby?</p> <p>Who will support you?</p> <p>What help can I get with childcare?</p>	<p>Some information on support with a new baby: <a href="https://www.nhs.uk/baby/support-and-services/services-and-support-for-parents/">https://www.nhs.uk/baby/support-and-services/services-and-support-for-parents/</a></p> <p>And for details of the Healthy Family Team support available for you and your family: <a href="https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams">https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams</a></p> <p>For more information on local services and information available in Nottinghamshire: <a href="https://www.yournottsdirectory.org.uk/">https://www.yournottsdirectory.org.uk/</a></p> <p>Childcare step by step: <a href="https://www.gov.uk/get-childcare">https://www.gov.uk/get-childcare</a></p>
<p>Local services and support</p> 	<p>What services and support could I need to help care for my baby?</p> <p>What services are available where I live?</p>	<p><b>Nottinghamshire Best Start Offer:</b> <a href="https://www.yournottsdirectory.org.uk/best-start-for-life/nottinghamshire-best-start-for-life">https://www.yournottsdirectory.org.uk/best-start-for-life/nottinghamshire-best-start-for-life</a></p> <p>For details about local antenatal groups, antenatal classes: <a href="https://www.sfh-tr.nhs.uk/services/maternity/antenatal-education/">https://www.sfh-tr.nhs.uk/services/maternity/antenatal-education/</a> <a href="https://www.nuh.nhs.uk/parent-education-classes/">https://www.nuh.nhs.uk/parent-education-classes/</a></p> <p><b>Family Hub antenatal sessions:</b> <a href="https://www.nottinghamshire.gov.uk/care/family-hub-networks/pregnancy-and-new-parents">https://www.nottinghamshire.gov.uk/care/family-hub-networks/pregnancy-and-new-parents</a></p> <p><b>Free and cheap food:</b> <a href="https://www.asklion.co.uk/kb5/nottingham/directory/landing.page?directorychannel=6_3_2">https://www.asklion.co.uk/kb5/nottingham/directory/landing.page?directorychannel=6_3_2</a></p>