

# The journey to parenthood

**Your Journey to Parenthood gives you the opportunity to create a journal detailing what matters to you, during your pregnancy, labour and after birth.**

The journal will give your maternity team the opportunity to get to know you better and understand your feelings and priorities. This is an opportunity for you and your partner to consider what is important to you, share this with professionals and personalise your care. We would encourage you to consider the benefits of using a personalised care plan; personal to you and your circumstances.



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## Your notes

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# How to use your Journey to Parenthood journal

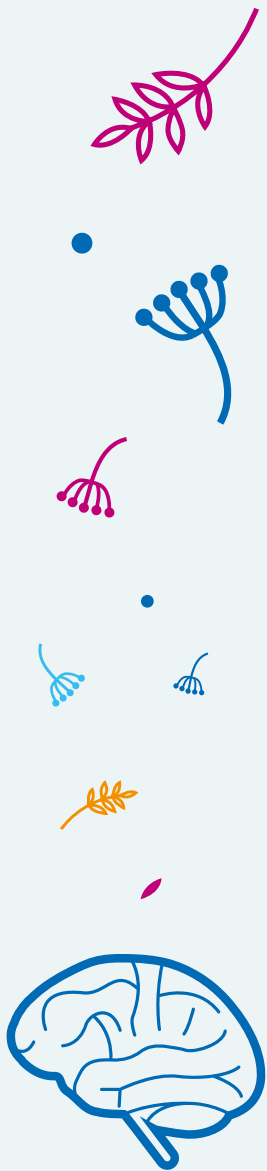
This journal will help create a personalised care and support plan for your pregnancy, birth and afterwards. Each section allows you to talk about what is important to you and provides space to write down anything that you may want to ask at each appointment. This may be from yourself, your partner or anyone you want involved in your care.

During your Journey to Parenthood, you will have many decisions to make around the care you receive. Sharing this decision-making process with your midwife and other care providers will help you to be provided with care that is personal to you.

Sometimes, making the right choice isn't easy. You may find that using the BRAIN tool below helps you decide what matters to you.

## When making a decision about care, use BRAIN

B	<b>Benefits</b> What are the benefits of this procedure for me and my baby?
R	<b>Repercussions</b> What are the repercussions of this procedure for me and my baby?
A	<b>Alternatives</b> What are the alternatives or other options?
I	<b>Intuition</b> What does my intuition feel about this?
N	<b>Nothing</b> What happens if I do nothing for now or need more time?



# Getting ready to meet your midwife at your booking appointment

Have you looked at the *Your Pregnancy* section of our website, including our patient information leaflets?  
[www.gloshospitals.nhs.uk/maternity](http://www.gloshospitals.nhs.uk/maternity)

Before your booking appointment, you may wish to write down the things that are important to you in your pregnancy. Include anything that you wish to talk about that may help you and your midwife to plan your antenatal care. For example: Do you want to discuss scans and screening tests? Do you need advice on supplements?

## Your thoughts, feelings and questions


## Care provider's notes and agreed plan


# Meeting my obstetrician at the hospital

Do you know why you will be seeing an obstetrician in the pregnancy?

Write down your questions, feelings and thoughts to help you make choices; you may wish to use the BRAIN tool on page 4.

## Your thoughts, feelings and questions


## Care provider’s notes and agreed plan


# 16 weeks appointment

Have you had your Blood Test and Screening results?  
Do you want to discuss them?

Do you know when your next scan is and what it is for?

## Your thoughts, feelings and questions


## Care provider’s notes and agreed plan


# 25 weeks appointment

**You will only have an appointment at 25 weeks if this is your first baby or if your individual situation requires this.**

Do you know how to book your NHS ante-natal classes or hypnobirthing classes?

If you work, do you know how to arrange your maternity leave and get your Maternity Certificate (form MAT B1)?

Do you want to find out more about your baby’s growth and movements?

**Your thoughts, feelings and questions**


**Care provider’s notes and agreed plan**


# 28 weeks appointment

Do you know your blood group and your iron level?

Have you started to look at information about feeding your baby?

There’s useful information at:  
➔ [www.unicef.org.uk/babyfriendly/support-for-parents/](http://www.unicef.org.uk/babyfriendly/support-for-parents/)

Does your baby have a regular pattern of movement now?

You can find a leaflet about this on our website:  
➔ [www.gloshospitals.nhs.uk/your-visit/patient-information-leaflets/your-babys-movements-during-pregnancy-ghpi1342/](http://www.gloshospitals.nhs.uk/your-visit/patient-information-leaflets/your-babys-movements-during-pregnancy-ghpi1342/)



Do you know who to call if you are worried about anything?

**Your thoughts, feelings and questions**


**Care provider’s notes and agreed plan**


# 31 weeks appointment

You will only have an appointment at 31 weeks if this is your first baby, or if you require additional appointments.

Do you understand why we measure your baby’s growth?

If you have had extra scans in pregnancy, do you want more information about these?

Are you attending any antenatal information classes?

Your thoughts, feelings and questions


Care provider’s notes and agreed plan


# 34 weeks appointment

Have you started thinking about your birth preferences?

Have you thought about your birth supporters?

Did you know that you can find virtual tours of all our units on our website  
→ [www.gloshospitals.nhs.uk/maternity](http://www.gloshospitals.nhs.uk/maternity)

After your baby is born, you will be visited by a health visitor, find out more at:  
[www.ghc.nhs.uk/our-teams-and-services/health-visiting/](http://www.ghc.nhs.uk/our-teams-and-services/health-visiting/)

Your thoughts, feelings and questions


Care provider’s notes and agreed plan


# Your birth preferences

Now is the time to start thinking about your birth preferences and what you want your birth to be like.

Would you like to have your birth at home, at a birth centre or in hospital.  
What is your preference?

- ☐ Birth at home
- ☐ Birth centre
- ☐ Hospital

It's a good idea to share your birth preferences with your birth partner(s) so they know your wishes. Who will be your birth partner(s)?

Birth partner:
Birth partner:

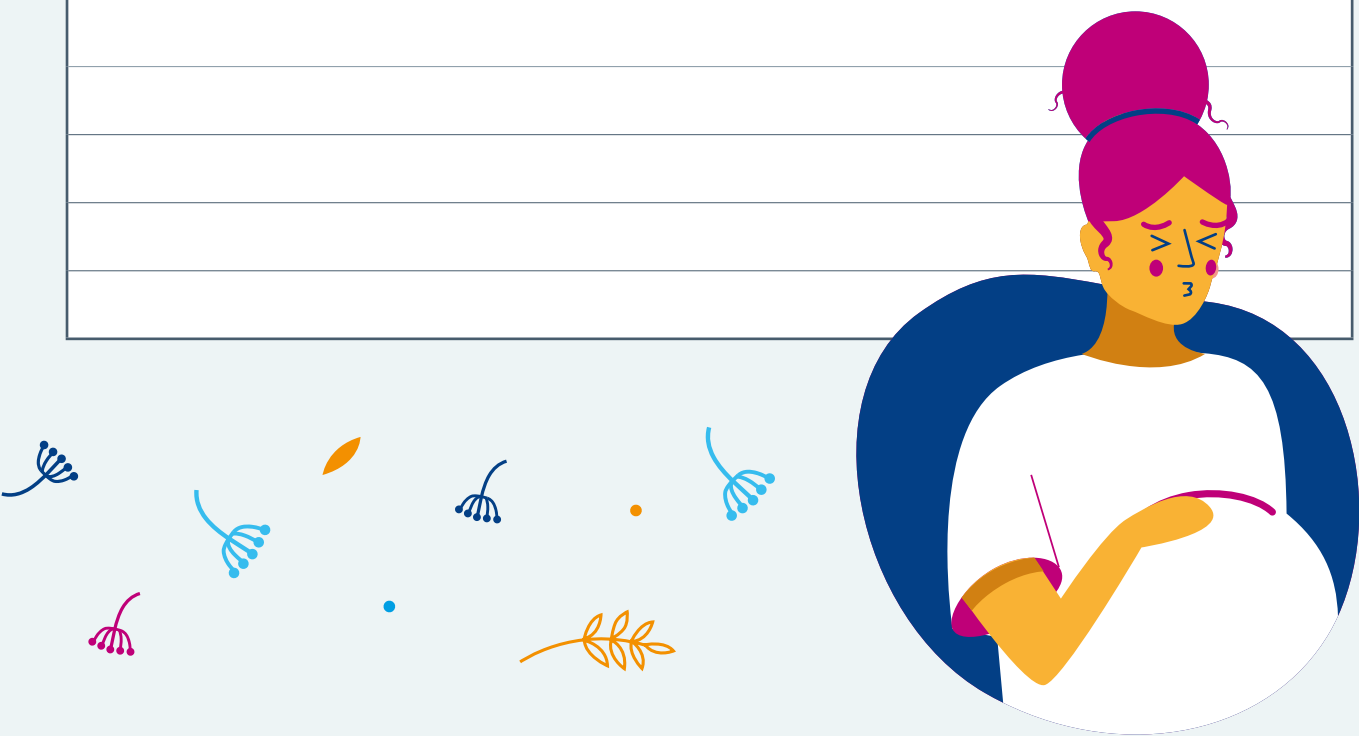
When you go into labour, how will you be getting to hospital? Will you travel with your birthing partner?


You may find that using a birthing pool can help you to remain comfortable during labour, together with birth balls, mats or beanbags that can help you change position. Do you have any preferences?


Finding the position you prefer for labour will make it more comfortable for you.  
You can try out various positions at antenatal class or at home to find out what works for you. You can choose as many as you want and vary them throughout your labour. Let the people who will be supporting you know which you found best and those that you want to avoid:


There are many different pain relief options during labour and some women use a combination of methods.

You may find that you want more pain relief than you had planned, or that more effective pain relief may be advised to assist with the birth. What pain relief options would you consider? Are there any you would prefer not to use? Would you like to use the birthing pool for labour and birth?

# Your birth preferences

After birth, you can have your baby lifted straight onto you to experience skin-to-skin contact before the cord is cut.

This helps regulate the baby’s heart rate and breathing. Delayed cord clamping is when your midwife waits a few minutes after your baby is born to cut the umbilical cord. This allows your baby to receive extra oxygenated blood from your placenta, which has important health benefits. Would you like either of these?

- ☐ Please place my baby onto me straight away
- ☐ I would like delayed cord clamping for my baby

Exercise, flexibility and strength are really important for labour and it’s never too early to get a head start. Walking, swimming and Yoga (e.g. Aquanatal and Hypnobirthing) can help get you moving and thinking about your body and how it works. What have you considered?

What birthing options have you considered or would like to know more about?

What pregnancy symptoms (if any) have you experienced so far?





# Your birth preferences

If you are planning a caesarean section (C-section), have you had a copy of the 'my caesarean' leaflet and completed your preference list?

Who will be with you in the operating theatre?

Is there anything we can do to support you or your birth partner?


If you are having your labour induced, do you understand why you have been offered induction of labour?

Do you understand your choices and the process?


Take this opportunity to review pages 16 and 17 of your orange handheld notes and look at the recommended links. These should help discussions around feeding and caring for your baby.

# 36 weeks appointment

Have you looked at the options for place of birth?

Have you got your birth preferences ready to discuss with your midwife / obstetrician?

Has anything changed your original plan for place of birth?

Your thoughts, feelings and questions


Care provider's notes and agreed plan


# 38 weeks appointment

Are you happy with your birth preferences and plan?

Do you feel emotionally and physically ready for birth?

Do you feel you know what to do and who to call when labour starts?

## Your thoughts, feelings and questions


## Care provider’s notes and agreed plan


# 40 weeks appointment

You’re close to meeting your baby now. Have you started to think about your choices if your baby isn’t born in the next two weeks?

## Your thoughts, feelings and questions


## Care provider’s notes and agreed plan


Look on our website for our leaflet on induction of labour and outpatient induction

[www.gloshospitals.nhs.uk/maternity](http://www.gloshospitals.nhs.uk/maternity)

# 41 weeks appointment

Are you happy with your baby’s growth and movements?  
Are you happy with your ongoing plan?

## Your thoughts, feelings and questions


## Care providers notes and agreed plan


# Life as a family and meeting your health visitor

**Your Midwife and Health Visitor work as a team. You can continue to access support from your midwives for 28 days after your baby’s birth.**

Your Health Visitor will contact you between 10–14 days after your baby’s birth and between this point and 28 days, your Midwife will hand over your care, depending on your individual needs and circumstances. Your Health Visitor will be familiar with this document and be happy to support you to continue to use it.

**How was the birth?  
Do you have any outstanding questions or worries?**


**Be kind to yourself, you’ve just had a baby!  
What support do you need?**


**Are you able to move around comfortably and are you getting enough time to physically rest? Does anything in your home routine need to change?**


How are you both coping with the emotional ups and downs that come with being a new parent?


What does a good day currently look and feel like?


What does a bad day currently look and feel like?


In the coming weeks, you will need to make choices about:

- ☐ Registering your baby’s birth (this is legal requirement)
- ☐ Registering your baby with a GP
- ☐ A 6–8 week GP check-up for you
- ☐ A 6-week GP check-up and screening examination for your baby
- ☐ Vaccinations for your baby

# The next few weeks

Your health visiting team can help you and your partner to learn about being parents, and support you to raise a healthy, happy child.

Are you getting to know your baby now?  
Does your baby respond to you and seem content?


How much and how often is your baby feeding? Is this what you expected, do you need any advice or support?


The feeding assessment page (page 44 of orange handheld notes and page 9a of red book) will help conversations with your midwife and health visitor around your feeding choices

Are you physically able to get out and about now? Do you need additional support?


How are you and your partner feeling now you have become parents?


Access to community support can be empowering for new parents.  
Which, if any, support groups or networks have you joined?




# The journey to parenthood