



Barnsley Hospital
NHS Foundation Trust

Your pregnancy Your Choice



Congratulations on the news that you are having a baby

Your Choices

In South Yorkshire and Bassetlaw there are **Four hospitals** where you can give birth:

- Barnsley
- Doncaster and Bassetlaw
- Rotherham and
- Sheffield

For more information to help you make your choice of where you want to give birth, you can look on each hospital website or speak to your midwife or GP.

All our maternity units offer both consultant-led and midwifery-led care depending on the level of support you need. You can also choose to give birth at home.

Antenatal care is carried out in our hospitals, in family centres and community hubs close to where you live. Most women can choose where they receive antenatal care, although some women with particular medical needs may be advised to attend hospital for appointments.

Women can also choose to have their postnatal care either at home, in hospital, or in hubs or family centres near where they live.

Choosing to have your baby at Barnsley

What happens next?

- Your GP surgery will contact the local midwife to let them know that you are having a baby.
- The midwife will contact you in the next couple of weeks to make arrangements for a first appointment. In the unlikely event that your midwife has been unable to contact you, please notify your GP's surgery.

Our Maternity Webpage

We have our own Maternity Webpage, designed by our mums and dedicated to supporting your pregnancy journey. Please take a look www.barnsleyhospital.nhs.uk/maternity

Your first appointment

This is called the booking appointment and usually takes place between your 6th and 10th week of pregnancy.

- Your midwife will ask you about your health and the health of your family.
- You will have a general health check which may include blood tests to identify your blood group, iron level and to check for illnesses.
- Choices about your type of care in pregnancy and place of birth will be discussed.
- We encourage dads/partners or someone to support you to attend at all appointments.

This is an opportunity for you to ask questions and discuss the options available to you with a midwife.

What can you do to keep healthy in your pregnancy:

- Eat a healthy well balance diet
Don't eat for Two, Eat for You. For information visit <https://www.nhs.uk/start4life/>
- Take a supplement of Folic Acid and Vitamin D

Healthy Start Vitamins containing both Folic Acid and Vitamin D are available to purchase from the antenatal clinic reception at the hospital and your local Family Centre.

To find your local Family Centre please visit: <http://bit.ly/FamilyCentres>

You may be eligible for the Healthy Start Scheme where you will receive free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins. Ask your midwife for a leaflet or visit <https://www.healthystart.nhs.uk/>

- Don't use alcohol: No alcohol = No risk
- Don't smoke cigarettes

Both smoking and drinking alcohol can harm your unborn baby increasing the risks of miscarriage, birth abnormalities and low birth weight.

- Don't just stop any drugs/medication including painkillers that you take on a regular basis, please discuss with your GP.
- Your mental health

Pregnancy and childbirth are big life-changing events and can bring about many emotional and psychological changes. Most women will experience positive mental health in pregnancy and following delivery. However, some women will develop commonly experienced mental health problems, such as anxiety and depression. When you see your midwife she will ask you questions about your mental as well as physical health in order to ensure you receive appropriate care and support. Please share with your midwife any concerns or worries you have regarding your mental health.

- Relationships

Some women find pregnancy to be a time of increased stress. 1:4 women experience domestic abuse at some point in their lives and can start during pregnancy. You can speak in confidence to your midwife.

- Care of your teeth and gums
- Your dental health is important during pregnancy and it's free at an NHS dentist. To find your nearest dentist call 111 or visit the Start 4 Life web page.

- Access your seasonal flu vaccine
- Flu vaccinations are available from October to January and are advised for all pregnant women. Ask your midwife or GP for further information.

- Access your whooping cough vaccine

Whooping cough vaccination is highly effective in protecting your baby from developing whooping cough in the first few weeks of their life. This will be offered by your GP surgery from the 16th week of pregnancy.

- Be active

If you are already physically active there is no reason to stop, just be careful. Doing light exercise such as walking and swimming can make a difference to how you feel both physically and mentally.

- Recognise how your body is changing?

Your body is experiencing lots of changes to accommodate your growing baby. You may experience:

- Tiredness.
- Abdominal cramps.
- Passing urine more frequently.
- Tender breasts. This is how your body prepares for breast feeding.
- Emotional changes which may be due to fluctuating hormones. You may feel happy, excited, worried, shocked, confused, upset or tearful.
- You may notice weight gain or weight loss.

Any symptoms you are worried about such as bleeding, or any concerns about the above contact your GP or Midwife.

For a week by week guide to your pregnancy, healthy tips and advice for you and your family and free texts and emails including a 'how to' guide visit: www.nhs.uk/start4life

What are your choices?

Our aim is to make this experience as enjoyable and fulfilling as possible and we are committed to offering you the best and safest options for you and your baby. Our midwives, doctors and support staff are available to help and advise you as you make choices about your care at this exciting time.

Spend some time thinking about your options; discuss them with your partner, your family and other people who can give you information and advice before you make a decision.

Hopefully this leaflet will help you make those choices by answering some of the questions you may have.

Remember that it is your choice and you may change your mind at any time.

Midwifery Led Care – Care provided by midwives

Your care throughout pregnancy, labour and after your baby is born is given by midwives.

The midwife is a specialist in normal pregnancy, birth, post natal care and breast-feeding.

Should any problems develop at any time a midwife will discuss these with you and may advise referral to a doctor.

Midwifery led care is ideal for healthy women without any medical conditions or problems in previous pregnancies. The majority of your care will be provided in the community by your community midwife

Shared Care/Consultant Care – Care provided by midwives and doctors

This involves midwives, doctors and specialists in health and medical conditions who all participate in your care. This option is ideal for women with existing medical conditions or who have had previous problems in pregnancy.

During your pregnancy the majority of care will take place in the community, provided by the community midwife, but will include a limited number of visits to the hospital.

You will be advised to have your baby in hospital under the care of the obstetrician and hospital midwives. When you return home, the community midwife will provide care for you and your baby.

Choosing your place of birth

Home Birth

You may choose to have your baby at home. Some mum's feel more comfortable in their home surroundings and therefore find homebirth a more relaxing experience

Two community midwives would support your home birth. Should any problems develop in labour, a midwife will discuss these with you and advise referral to a doctor which may result in your transfer to hospital.

All information regarding birth choices can be discussed with your midwife at any time.

We run regular home birth drop in sessions in partnership with mums who have experienced having their baby at home and for mums wanting to find out a bit more. For further details speak to your midwife or browse our hospital website.

Hospital Birth in our Birthing Centre

We have a new purpose built Birthing Centre with three of our seven birthing rooms containing birthing pools, as well as beds, giving mums-to-be the option of having a water birth.

Each of the birthing rooms has décor in calming colours, adjustable mood lighting and an en-suite toilet and shower room.

The Birthing Centre has a theatre, recovery and high dependency area and direct access to our brand new Neonatal Unit which opened in 2018.

Why not have a look at our Birthing Centre and take a virtual tour? This can be accessed via the Maternity Website. www.barnsleyhospital.nhs.uk/maternity

Support for you:

Birthing pools

Gas and Air

Pain relief by injection in the form of an opioid

Epidural

Water for Injection

Aromatherapy

Some questions you might like to ask your midwife;

- What things about me and my baby would you suggest when planning where I give birth?
- If I want to, how do I plan a homebirth?
- If I want to, can I make the decision on where I give birth late in my pregnancy or when labour starts?
- If I want to, can I see the Birth Centre and/or the obstetric labour ward before I go into labour?

Some discussions about birth you may like to have with your community midwife

My birth environment

Eating and drinking in labour

Positions for labour and birth

My baby's wellbeing during labour – listening to my baby's heart

Coping with pain and comfort in labour

My partner, birth companions and family

Preventing tears

After my baby is born: the cord and placenta

What is important to me for my baby's birth?

After your baby is born (Postnatal)

Postnatal care – carried out by your midwife.

Your community midwife will provide your post natal care at home, although you may wish to be seen at an alternative place such as your local Community hub, please discuss this with your midwife.

Within 72 hours of giving birth, you will be offered an all over physical examination for your baby.

You will be offered a hearing screening test for your baby before discharge from hospital or invited to an outpatient clinic appointment.

Baby's blood spot screening – a small sample of blood usually taken by your community midwife or maternity support worker to check for some possible genetic problems (around day five).

Feeding support is offered – this may be by midwives, maternity support workers or health visitors.

Vitamin K by injection or oral supplement for your baby.

Spending as much time skin-to skin with your baby after birth will help you and your baby to develop a close, loving relationship. It will also help your baby to develop and grow.

Breast feeding: Your breast milk is perfectly designed for your baby and provides protection from infections and diseases. Breastfeeding provides health benefits for you and also allows for a strong, emotional bond to build between you and your baby. There is also evidence of long-term health benefits to babies from breastfeeding.

What is important to me after my baby is born?

We are flexible in supporting and meeting your individual needs and will support you in discussing and changing your options as your pregnancy progresses.

For further information and advice please speak to your midwife or visit:

Our Maternity Webpage www.barnsleyhospital.nhs.uk/maternity

Contact the Maternity Stop Smoking Team T:01226 431621 or email us on maternity.stopsmoking@nhs.net

Essential guide for having a healthy, happy baby.

<https://www.nhs.uk/start4life/pregnancy>

NHS Pregnancy & Baby

<https://www.nhs.uk/conditions/pregnancy-and-baby/?tabname=im-pregnant>

Best Beginnings including the free Baby Buddy App

www.bestbeginnings.org.uk/

UNICEF Baby Friendly Leaflets

www.unicef.org.uk/BabyFriendly/Parents/Resources/Resources-for-parents/

UNICEF Baby Friendly Videos

www.unicef.org.uk/BabyFriendly/Parents/Resources/AudioVideo/

Sleeping your baby safely

www.lullabytrust.org.uk