

Early pregnancy guide

Tips for Mum



Interpreting services
available:



Do you think you might be pregnant?

Take a test

You can purchase a test from a pharmacy or a local supermarket.



Scan here to register

Register your pregnancy

contact a community midwife as soon as you find out you are pregnant.

Ask your midwife about **Janam App.**



Why should I register my pregnancy before 8 weeks?

- So you can get the information you need to have a healthy pregnancy.
- To talk about your medical history.
- So your future appointments are booked at the right points in your pregnancy.

What happens at your first pregnancy care appointment?

- It allows important tests to be done such as height, weight, blood tests, urine sample.
- The midwife will want to take your blood pressure.
- It's a chance to talk about any worries you have and what care you need.
- It's also an opportunity to talk about any cultural considerations.
- Your midwife will work out your due date.
- Your midwife will then inform the hospital that you need a scan at 12-14 weeks where baby's movements and growth can be monitored.

ALL conversations are confidential. Nothing will be done without your consent.

No question is a silly question

What will happen at my scan?

- This will happen around 12 weeks pregnant.
- Wear something comfortable, ideally a two piece outfit, as the sonographer will want to see your tummy. You do not have to get undressed.
- We have male and female sonographers.
- This appointment can take up to an hour as it includes a scan.
- Your next scan will be around 18-22 weeks to check the baby's development and you maybe able to find out the sex of your baby.

Don't forget your pregnancy care notes and urine sample at every appointment and scan.

Healthy Pregnancy Tips

- Good diet and exercise is really important. You could visit 'Active Mums Club' website to find a local group.
- Take folic acid and vitamin D supplements.
- To support foetal development, its recommended not to smoke, vape or drink alcohol during pregnancy and avoid passive smoking too.
- Book your antenatal classes and think about your birthing preferences.
- Make an appointment to see a dentist as its free for pregnant women.
- Check if you are eligible for Healthy Start vouchers.



Scan here

If you have any concerns about your baby you should contact your midwife.

Early pregnancy guide

Tips for Dads



Interpreting services
available:



Do you think your partner might be pregnant?

Ask them to take a test

You can purchase a test from a pharmacy or a local supermarket.



Scan here to register

Register your pregnancy

contact a community midwife as soon as you find out you are pregnant.



Ask your midwife about Janam App.



Why should I register our pregnancy before 8 weeks?

- So you can get the information you need to have a healthy pregnancy.
- To talk about your medical history.
- So your future appointments are booked at the right points in your pregnancy.

What happens at the first pregnancy care appointment?

- It allows important tests to be done such as height, weight, blood tests, urine sample.
- The midwife will want to take her blood pressure.
- It's a chance to talk about any worries you have and what care you need.
- Its also an opportunity to talk about any cultural considerations.
- Your midwife will work out your due date.
- Your midwife will then inform the hospital that your partner needs a scan at 12-14 weeks.

ALL conversations are confidential. Nothing will be done without your partners consent.

No question is a silly question

What will happen at the 12 week scan?

- This will happen around 12 weeks pregnant.
- Your partner should wear something comfortable, ideally a two piece outfit, as the sonographer will want to see her tummy. She does not have to get undressed.
- We have male and female sonographers.
- This appointment can take up to an hour as it includes a scan.
- Your next scan will be around 18-22 weeks to check the baby's development and you maybe able to find out the sex of your baby.

Don't forget your pregnancy care notes and urine sample at every appointment and scan.

Healthy Pregnancy Tips

- Its important for dads to keep active and healthy too. Visit the Active Together website for more information.
- Take folic acid and vitamin D supplements.
- Second hand smoke is harmful to the baby. If you smoke think about quitting, ensure you always go outside to smoke. Contact QuitReady for more information.
- Book your antenatal classes and think about your birthing preferences.
- Your partner should make an appointment to see a dentist as its free for pregnant women.
- Check if you are eligible for Healthy Start vouchers.



Scan here



QuitReady

If you have any concerns about your baby you should contact your midwife.