

The Journey to Parenthood



JOURNAL

Your interactive Journey to Parenthood provides you with an 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.

Early Days

Sharing your news
and booking your
appointment

Meeting your
Midwife and your
dating scan

Mid to Late Pregnancy

Your 20
week scan

Your Birth
Preferences

Preparing for Birth

Planning to meet
your baby

You and Your Baby

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your Health Visitor

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few weeks

My Journey
in photos

Sharing your news and booking your appointment



Getting pregnant can be an exciting time for many whilst for others it can be a mix of emotions, and that's ok.

How do you and your partner feel about your pregnancy?



Think about who you want to tell about your pregnancy. How will you share your news?

What support do you have and what support do you think you need at this early stage?

Do you feel anxious, worried or scared about your pregnancy?

What pregnancy symptoms (if any) are you experiencing?

What is 'me' time for you?

What services would you like to find out more about, to support you during pregnancy?

Have you looked at the [MVP website](#)? Is there anything else we can help you with?

What cravings have you experienced so far in your pregnancy?

I like...

I dislike...



Early Days

Meeting your Midwife and your dating scan



Sickness, nausea and exhaustion are all very common at this stage in pregnancy. If you're feeling anxious or concerned then let your midwife know.

How are you feeling?

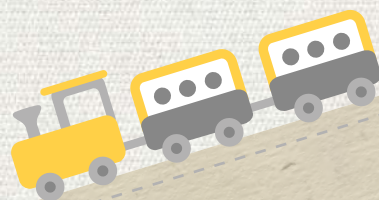
Do you understand how what you eat, drink and smoke can affect the health of your baby?

Is there anything you want to talk to your midwife about in relation to a previous pregnancy or experience?

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?

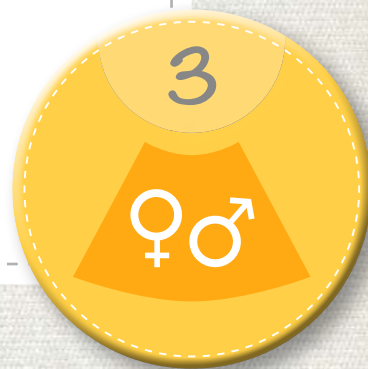
What birthing options have you considered or would like to know more about?

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



Early Days

Your 20 week scan



Your anomaly scan will usually take place between 18 and 20 weeks and its primary purpose is to see how your baby is developing, and to check for any physical abnormalities that might not have been visible on the 12-week scan.

Have you and your partner discussed whether you want to know the sex of your baby?

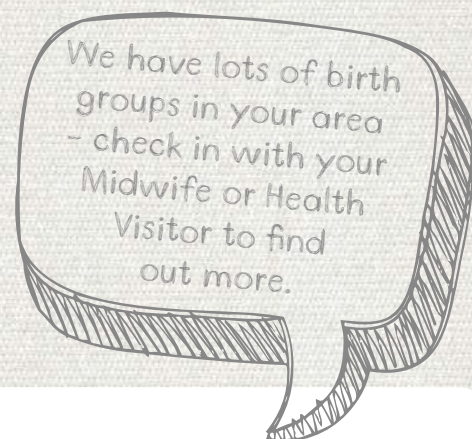
Yes

No

Have you attended any classes yet and have you found these to be beneficial?

Yes

No



Are you confident you have been given choice in your birth preferences?

Yes

No

What, if any, home adjustments do you need to make for your new family member?

What matters to you about your labour and birth?



Mid to Late
Pregnancy

Your Birth Preferences

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

Now is a good time to consider where to give birth, would you like to have your birth at home, at a birth centre or in the 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 birthing partner(s)?

Birth Partner:

Birth Partner:

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

You may find that items such as use of birth pool, birth ball, mats or beanbags help you to change position and remain comfortable during labour. 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 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 can 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?

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

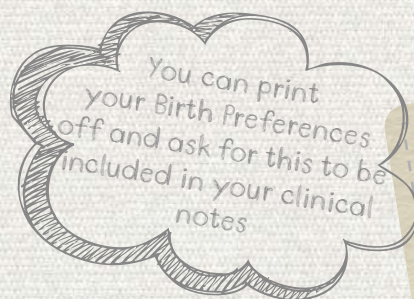
I would like delayed cord clamping for my baby

After your baby is born your placenta will detach from your womb. Are you well informed about the benefits and risks of following the body's natural process or receiving an injection to progress this. You can talk this through with your Midwife or Obstetrician who will advise you based on your individual circumstances.

I would like the injection

I do not want the injection

I need to talk to my midwife



Mid to Late Pregnancy

Planning to meet your baby

5



Mindset is fundamental for a good birth. Now is the time to work through any fears, worries and concerns.

Is there anything worrying you?

How would you like to feed your baby?

Who at home will be able to support you and how?

Would you like visitors immediately in hospital or would you like them to wait until you are home?

I would like visitors to meet my baby in hospital

I would prefer visitors to wait until me and my baby are home

If you need to stay on the Maternity Ward, who will be staying with you? Is this overnight?

Do you have any special dietary or religious requirements. If I'm on the ward, I would like staff to take special consideration of:

Where will your baby sleep when you get home? Is this all in place?

Do you know who to contact if you have questions about your baby in the first 6 weeks?



Preparing
for Birth

Life as a family and meeting your Health Visitor

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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 visit you between 10-14 days after your baby's birth and between this point and 28 days your Midwife will handover 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 your 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?

My pledge: what I'm going to do for me this coming week...

“

”

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

A good day is currently like... ?

A not so good day is currently 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

☐

Love

You and
Your Baby

The next few weeks



Your health visiting team helps 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?

Have you heard of [NSPCC Look, Say, Sing, Play](#)? Did you find this useful?

Are other very important people in your life getting to know your baby?

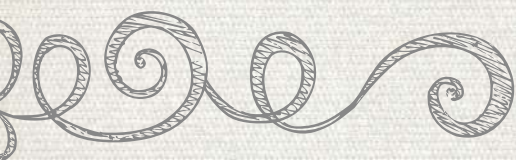
Are you managing your visitors – does this feel balanced or overwhelming? Do you need support with this?

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

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 mums.
Which, if any, support groups or networks have you joined?



You and
Your Baby

My Journey in photos

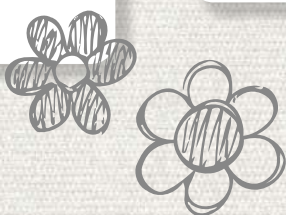
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Use a desktop computer to upload photos to this page

My first scan

My 20 week scan



You and
Your Baby



Please let us know what you thought of the journal by
completing this short 2 minute survey:
www.smartsurvey.co.uk/s/JourneytoParenthood/