



# My Personalised Care Plan

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Helping to prepare you for pregnancy,  
birth and the first few days with your baby

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**We want you, your partner and those important to you to be as prepared as you can be for the life changes that a new baby brings. This booklet is an aid for you, in partnership with your midwife, to explore the potential changes you will experience, and consider your options/choices. Keep it with your maternity notes as a tool to help you discuss your choices with the midwives and doctors looking after you.**

This will be your personal care plan.

My name:

My date of birth:

My baby is due on:

My named midwife is:

I am planning to have my baby at:

Hospital number:

## Your choice – where to have your baby

Two NHS guides – one for people having their first baby and one for people who have had a baby before – are available to explain what birth choices you have and the research that may help you make a decision. This information is provided for healthy, low risk women:

<https://assets.nhs.uk/prod/documents/NHSE-your-choice-where-to-have-baby-first-baby-sept2018.pdf>

<https://assets.nhs.uk/prod/documents/NHSE-your-choice-where-to-have-baby-baby-before-sept2018.pdf>



The beginning of a pregnancy can be really confusing with advice available from lots of different places and lots of things to think about. When you meet your midwife for the first time they can help you sort what's important for you.

It may be useful for you to look at some of the information provided by the NHS and available online before (and after) your first appointment.

## Useful links for keeping healthy during pregnancy and maternity care

[www.nhs.uk/conditions/pregnancy-and-baby](http://www.nhs.uk/conditions/pregnancy-and-baby)

<http://www.publichealth.hscni.net/publications/pregnancy-book-0>

**Looking after your diet and thinking about how you will feed your baby.**

**[www.nhs.uk/start4life](http://www.nhs.uk/start4life)**

**Preventing harm to your baby from smoking and help in stopping.**

**[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**

**[www.livewellderby.co.uk](http://www.livewellderby.co.uk)**

**[www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)**

**E-mail for Burton: [help@stop4life.co.uk](mailto:help@stop4life.co.uk)**

**Screening tests for you and your baby.**

**[www.gov.uk/government/publications/screening-tests-for-you-and-your-baby-description-in-brief](http://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby-description-in-brief)**

**Vaccinations recommended for you during your pregnancy.**

**[www.nhs.uk/conditions/pregnancy-and-baby/vaccinations-pregnant](http://www.nhs.uk/conditions/pregnancy-and-baby/vaccinations-pregnant)**

**Locally both University Hospitals of Derby and Burton NHS Foundation Trust and Chesterfield Royal Hospital NHS Foundation Trust have information for pregnant women using their services on their websites.**

**[www.chesterfieldroyal.nhs.uk/services/clinical-directorates/womens-and-childrens/maternity](http://www.chesterfieldroyal.nhs.uk/services/clinical-directorates/womens-and-childrens/maternity)**

**<http://www.derbyhospitals.nhs.uk/about/depts/maternity>**



# My Pregnancy

The first appointment you have with your midwife is an important chance to consider your options for the pregnancy ahead. If you have this plan before the appointment, there is a space below to make note of any questions you have before the appointment.

My questions:

At the end of your first appointment you should know if there will be extra services offered to you during your pregnancy.

## At the end of this appointment you should know:

- What I can eat and drink to keep me and my baby healthy
- Who can help me reduce the harm to my baby from smoking
- What tests are available during my pregnancy to check on mine and my baby's well-being
- Where I am planning to birth my baby
- How I contact my midwife
- Who I contact if I am worried about my baby's health or I do not feel well
- When and where my next pregnancy appointment is

My notes:

## If you are offered an appointment at the hospital:

If you are having a straightforward pregnancy, your only visits to the hospital may be for scans to check on the progress of your baby. Routine scans will be offered at 12 weeks and 20 weeks of pregnancy. If in discussion with your midwife, there were any concerns you may be offered an appointment to see a consultant obstetrician to support you in your pregnancy

Questions for the doctor at my first appointment:

My pregnancy plan:

Use this page to write questions for the midwives and/or doctors you see at each appointment.

Some factors to consider:

Antenatal classes

Support at home in the antenatal and postnatal period

Emotional changes

Mental health

My questions:

## Developing my relationship with my baby

Your midwife will be able to discuss the following information with you.

Do you know how your baby is developing at each stage of your pregnancy?

You can help your baby get to know you, your partner/those important to you by talking and singing to your baby throughout pregnancy.

What are the benefits of being skin to skin with my baby?

How am I going to feed my baby?

How to get feeding off to a good start?

Who can support and provide information about feeding my baby?

Is there anyone locally who can support me if I am breastfeeding my baby?

My questions and notes:



# Giving Birth

I plan to birth my baby at:

(Please follow the links on page 3 highlighting your choices on where to have your baby)

- Discussion on what to pack in your labour bag
- I know who to call when I am labour
- I know when to call
- I know who is supporting me in labour  
(Labour Wards usually restrict the number of supporters you can have with you. It may be worth discussing this with your midwife before you go into labour)
- I know how to get to my birth venue
- Who do I contact if I am worried about me or my baby not being well?

Preparation for labour: Discussion around self help techniques/  
keeping mobile/pain relief options

My questions about my baby's birth:

# The early days with my baby

## My health and wellbeing.

- I know how my moods may alter after my baby is born
- I know the signs of postnatal depression
- I know about managing tiredness and sleeping
- I have thought about support at home/aware of local support groups
- I have got pain relief available at home if I need it
- I know about hand hygiene and keeping clean after birth
- I know how to look after my wound / perineal stitches
- I know the signs of infection and who to contact if I am concerned
- I know about postnatal exercises
- I know how to contact my midwife
- I understand the changes in my body after the birth
- I am aware of my choices for contraception after the birth of my baby

My questions and notes:

## **My baby's health and wellbeing**

- I know how to change a nappy
- I know how to tell if my baby is feeding well
- I know how to look after my baby's skin including washing, bathing, and looking after the "cord"
- I know who to contact if I am concerned about my baby
- I know why my baby has been offered a NIPE examination
- I know why my baby has been offered a blood spot test
- I know the signs my baby will show if he/she is not well

My personal message:



This document is a joint project between University Hospitals of Derby and Burton NHS Foundation Trust and Chesterfield Royal Hospital NHS Foundation Trust.

If you need help accessing this document, please call the Patient Advice & Liaison Service on **0800 032 32 35** or email [derbyshireccg.pals@nhs.net](mailto:derbyshireccg.pals@nhs.net)

Osoby wymagające pomocy w zapoznaniu się z niniejszym dokumentem, proszone są o telefon z Zespołem ds. Kontaktów z Pacjentami pod numerem **0800 032 32 35** lub o wiadomość elektroniczną na adres [derbyshireccg.pals@nhs.net](mailto:derbyshireccg.pals@nhs.net)

ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ਼ ਲਈ ਪਹੁੰਚ ਕਰਨ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਲਈ ਸਲਾਹ ਅਤੇ ਤਾਲਮੇਲ ਸੇਵਾ (Patient Advice & Liaison Service) ਨੂੰ **0800 032 32 35** ਤੇ ਕਾਲ ਕਰੋ ਜਾਂ [derbyshireccg.pals@nhs.net](mailto:derbyshireccg.pals@nhs.net) ਤੇ ਈਮੇਲ ਕਰੋ।

Ak potrzebujecie pomoc s prístupom k tomuto dokumentu, zavojlate poradenským službám pre pacientov na číslo **0800 032 32 35** alebo pošlite email na [derbyshireccg.pals@nhs.net](mailto:derbyshireccg.pals@nhs.net)

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[derbyshireccg.pals@nhs.net](mailto:derbyshireccg.pals@nhs.net)