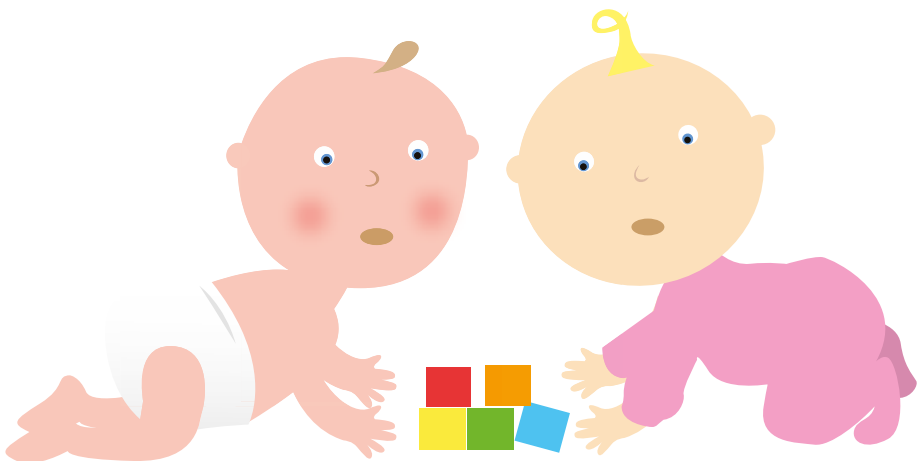




Doncaster
Council

Starting Well: A Guide to a Healthy Pregnancy and Beyond



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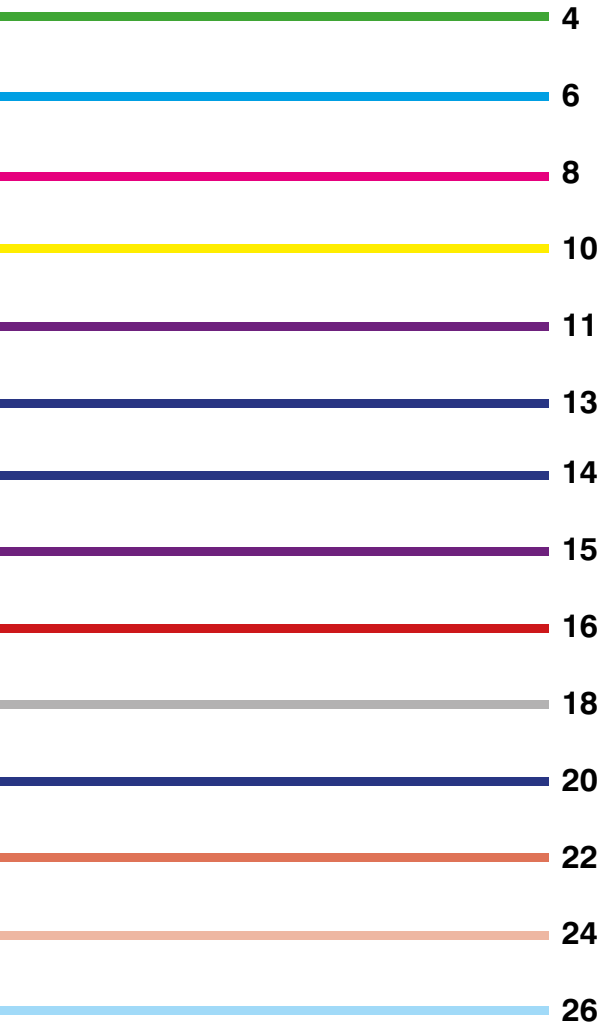
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Antenatal appointments

Just found out you're having a baby? Advice and information on what to do next...

As soon as you find out you are pregnant it is important to contact a health professional as the first 12 weeks of your pregnancy are the most important time in your baby's development.

Early contact with a health professional is important as it will help you to make informed choices about your pregnancy.

Wherever you live in the Doncaster area you can contact a midwife directly as soon as you find out you are pregnant. To speak to a midwife please contact 01302 642794.

Your midwife will....

- Give you up to date information about looking after yourself and your baby during your pregnancy
- Help you to plan and make decisions about the rest of your pregnancy
- Discuss any concerns you have about previous illness or family history that may affect your pregnancy
- Help you with any concerns you have about medication you are currently taking
- Give food and nutrition advice for you and your baby
- Give you advice on recommended vitamin supplements
- Share information with you about antenatal screening
- Inform you if you are entitled to Healthy Start vitamins and vouchers
- Discuss what postnatal care you would like and the Family Hubs service
- Answer any queries or questions you may have

What else do you need to do?

- Eat at least five portions of fruit and vegetables a day. Eat little and often, this can help prevent you from feeling sick early in your pregnancy
- Drink water to keep yourself hydrated. It will also help with your kidney and bowel functions
- If you smoke, stop smoking. For help and advice about stopping smoking contact the Stop Smoking In Pregnancy And Beyond Service on 01302 566776

- If you use recreational drugs, stop taking them. For help and advice to stop taking drugs please contact FRANK on 0300 123 6600 or call Aspire Drug and Alcohol Services on 01302 730956
- Avoid drinking alcohol
- Take moderate physical exercise such as walking or cycling during pregnancy as this is proven to increase energy levels, reduce constipation and helps you to sleep better. If in doubt, please consult your midwife or GP
- Take plenty of relaxation time for yourself
- Limit your caffeine intake to less than 200mg a day
 - 1 mug of instant coffee = 100mg
 - 1 cup of tea = 50mg
 - 1 can of cola = 40mg

Did you know?

- The first few weeks of your baby's development are the most important
- Within the first 12 weeks of pregnancy your baby starts off as a series of cells
- By four to five weeks mother and baby are already connected by the umbilical cord
- At six to seven weeks your baby's heart beat can be detected
- By eight weeks, ears, arms, fingers and toes are already starting to form
- At 12 weeks of pregnancy the baby is fully formed and can open its fists and mouth

Looking after yourself properly and contacting a midwife will ensure the best possible start in life for your baby.

Your midwife is also available to help if you are unsure about continuing with your pregnancy and would like to discuss your options further.



Healthy eating tips in pregnancy

- Don't eat for 2! Only an extra 200 calories per day in the last 3 months is needed. This is 2 slices of bread or a medium jacket potato or a bowl of fruit and low fat yoghurt or 2 glasses of semi skimmed milk
- Don't diet to lose weight. If you are concerned about your weight at the start of your pregnancy, talk to your midwife
- Eat a healthy, balanced diet. Each day aim to have:
 - Carbohydrates at every meal (e.g. bread, rice, chapatti, potatoes)- choose wholegrain varieties which can be filling and a source of fibre without adding lots of calories
 - 5 portions of fruit and vegetables - fresh, frozen, tinned, dried and juiced all count
 - 2 sources of protein (e.g. lean meat, fish, eggs, beans, tofu). Many of these contain iron which is also important
 - 3 portions of milk and dairy foods – alternatives (e.g. soya) should have added calcium
 - Limited foods high in fat and sugar to stop excess weight gain
- Eat oily fish once a week but no more than twice a week (e.g. sardines, salmon, mackerel)
- Take a supplement of 400 micrograms folic acid daily before pregnancy and during the first 3 months (speak to your GP or midwife as this may need to be increased to 5 milligrams)
- Adequate vitamin D is recommended by safe sun exposure and a supplement of 10 micrograms of vitamin D daily throughout pregnancy and whilst breastfeeding. Ask your midwife for your free supply of Healthy Start vitamins.
- Avoid alcohol completely
- Caffeine – limit your intake and speak to your midwife for safe limits. It is found in cola, coffee, tea, energy drinks and some medications
- Peanuts are safe to eat unless you have a nut allergy or have been advised differently by a healthcare professional

Food Safety/ Foods to Avoid

- Avoid foods that increase the risk of food poisoning. These include
 - Raw/ undercooked eggs and products containing these (e.g. homemade mayonnaise)
 - Uncooked soft ripened cheese (e.g. brie and camembert)
 - Soft blue veined cheese (e.g. Danish Blue and gorgonzola)
 - Unpasteurised dairy products
- Cook all meat and poultry thoroughly
- Do not eat shark, marlin, swordfish or raw shellfish

- Limit tuna to 2 fresh steaks or 4 cans per week
- High doses of vitamin A can be harmful – avoid multivitamins containing vitamin A and avoid eating liver and liver products such as pate

Your midwife or dietitian can provide you with more information.

Feeling sick?

Eat little and often choosing bland, starchy, non-greasy foods such as dry toast, crackers or crispbreads.

Suffering Heartburn?

Avoid fatty, acidic and spicy foods.

Constipated?

Drink plenty of fluids and eat high fibre foods such as wholegrain cereals and carbohydrates.

These top tips act as a summary and are a guide for the general population. If you have health concerns or require further information contact your midwife or visit the following:

www.nhs.uk/livewell/healthy-eating

www.healthystart.nhs.uk

www.bda.uk.com/foodfacts



Keeping active during pregnancy

We recommend that you keep active during your pregnancy with around 30 minutes of moderate exercise every day. Moderate exercise will make your breathing and heart rate increase and have a number of benefits, both for you and your baby. Regular physical activity has been shown to:

- Make you feel good and give you energy
- Make you less tired and help you sleep
- Help improve your blood sugar control and may help prevent gestational diabetes
- Increase your stamina which may help you and your baby through labour
- Help you recover more quickly after the birth
- Help you maintain a healthy weight during and after your pregnancy

If you do some physical activity during your pregnancy you are more likely to continue this after you have given birth and therefore get the longer-term benefits of physical activity including some protection against developing heart disease, 'thinning' of the bones (osteoporosis), high blood pressure, colon cancer and breast cancer.

It is perfectly safe to have sex during your pregnancy, but it may not be all that easy. You will probably need to find different positions as lying flat on your back after 16 weeks is not advisable. Your midwife or doctor will probably advise you to avoid sex if you have had any heavy bleeding in pregnancy as sex may increase the risk of further bleeding if the placenta is low or there is a haematoma (a collection of blood). You may also be advised to avoid sex if your waters have broken (rupture of membranes) as this can increase this risk of infection. If you are unsure ask your midwife or doctor.

What type of physical activity should you do whilst pregnant?

- Walking is the easiest activity to fit in to your daily life
- Walk rather than catching the bus or driving the car
- Walk your children to school
- Take the dog for an extra walk (it won't mind)
- Go for a walk with your family at the weekend
- Take the stairs rather than the lift
- Housework - vacuuming and cleaning will give you a good work out (and a clean house!)

- Gardening - remember to wear gloves to avoid picking up infections like toxoplasmosis
- Gentle stretching will help you stay flexible

Pelvic floor exercises are also important during pregnancy and are advised for all pregnant women. They can help to strengthen the muscles of your pelvic floor which can come under strain whilst you are pregnant and especially during labour.

Look out for these types of classes in your area:

- Aquanatal or swimming - exercising in water is really good in pregnancy as the water supports your bump, takes the strain off your back and helps your muscles
- Yoga - ask the instructor for advice as not all exercises are suitable during pregnancy

What exercises should you avoid whilst pregnant?

- After 16 weeks, avoid exercise that involves lying on your back for prolonged periods of time as the weight of your baby may press on the major blood vessels and may reduce the blood and oxygen flow to the baby. It may also make you feel faint
- Avoid activities which may cause harm to yourself or your baby, where you may fall or cause excessive joint stress (e.g. cycling, horse riding skiing etc)

For more information go to: www.nhs.uk/start4life



Feeding your baby

What happens in your baby's first years has a big effect on how healthy he or she will be in the future. Breast milk gives your baby all the nutrients he or she needs for around the first 6 months of life (and it's important beyond 6 months too).

Infant formula is made from cows' milk and other ingredients. It doesn't contain the ingredients that help protect your baby from infection and disease. Breastfeeding also helps you and your baby to get closer - physically and emotionally. So while you are feeding your baby, the bond between you grows stronger. Breastfeeding is good news for babies, as babies who are not breastfed are more likely to have:

- Diarrhoea and vomiting and having to go to hospital as a result
- Chest infections and having to go to hospital as a result
- Ear infections
- Overfeeding which leads to obesity. This means they are more likely to develop type 2 diabetes and other illnesses later in life
- Being constipated
- Being fussy about new foods
- Developing eczema

Breastfeeding is good news for you too as:

- Breast milk is FREE whereas formula feeding costs around £10 per tin
- It lowers your risk of getting breast and ovarian cancer and also helps to protect you from suffering from osteoporosis in later life
- It naturally uses up about 500 extra calories a day so mums who breastfeed may find it easier to lose their pregnancy weight

Breastfeeding will be discussed with you at intervals throughout your pregnancy by both your midwife and health visitor. Doncaster & Bassetlaw Hospitals offers a parent education programme which includes 'Feeding your baby and building a loving relationship' – email parenteducation@dbh.nhs.uk for more information and to book a place.

For further information on breastfeeding and safe and responsive bottle feeding visit:

www.bestbeginnings.org.uk

www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/caring-for-your-baby-at-night/

www.unicef.org.uk/babyfriendly/baby-friendly-resources/video/importance-of-relationship-building/

Mental wellbeing in pregnancy

Having a baby is usually thought of as a happy time, however as a new mum you may not necessarily feel this straight away:

- You may go through a brief period of feeling emotional and tearful known as the 'baby blues'. It usually starts 3-10 days after giving birth and affects around 85% of new mums. It is so common that it is considered normal, new dads may feel it too. Although having the baby blues may be distressing, it's important to be aware that it doesn't last long and is generally quite manageable
- It is common to feel tired in the months following the birth and lack of sleep can make you feel both low and irritable
- A small number of new mums develop a much deeper and longer-term depression known as Postnatal Depression (PND). It usually develops within six weeks of giving birth and can come on gradually or all of a sudden
- Indications that you may be going through PND are difficulties sleeping even when tired and feeling sad, low and tearful for no apparent reason. However difficult, it is important to bring these feelings out into the open and talk about them, whether to a family member, a friend or a health professional
- If you have experienced a mental health problem in the past, including during pregnancy, this may recur after you have given birth and can also put you at risk of PND

It is important to be aware that everyone will experience a variety of feelings during pregnancy and early stages of motherhood. If you have any concerns speak to a health professional.

Like physical health, we need to protect our mental wellbeing. Try to:

- Eat well
- Take gentle exercise such as walking daily (following midwife advice)
- Make time to rest and relax
- Keep connected with friends
- Look for the positive things in your life
- Involve your partner or someone you're close to in your pregnancy and baby
- Be open about your feelings
- Ask for help with practical tasks such as grocery shopping and household chores
- Find out about local support groups

Try to avoid:

- Doing too much – cut down on other commitments when you're pregnant or caring for a new baby
- Drinking too much tea, coffee and caffeinated drinks such as cola which can stop you from sleeping well
- Being too hard on yourself or your partner
- Getting involved in stressful situations

For more information for you or a family member visit:

RDash Talking Shop, 63 Hallgate, Doncaster, DN1 3PB (01302) 565556
www.rdash.nhs.uk/talking-shop

You can also talk to a health visitor at any time on 01302 566776. Your health visitor will visit you at around 28 weeks and will talk to you about how you are feeling

www.nhs.uk/livewell/mentalhealth

www.mind.org.uk



Smoke-free pregnancy and beyond

Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life. Every cigarette contains over 4,000 chemicals, so smoking when you are pregnant harms your unborn baby.

Stopping smoking will benefit both you and your baby:

- You will have less morning sickness and fewer complications in pregnancy
- You are more likely to have a healthier pregnancy and a healthier baby
- You will reduce the risk of stillbirth
- You will cope better with the birth
- Your baby is less likely to be born too early and have to face the additional breathing, feeding and health problems that are often associated with being premature
- Your baby is less likely to be born underweight which may cause problems during and after labour, such as keeping warm and increased risk of infection
- You will reduce the risk of cot death (sudden infant death syndrome)
- Your baby will be less likely to develop asthma and other more serious illnesses in the future that may need hospital treatment

Even after pregnancy it is important to stay smoke free, for your own health and that of your baby or growing child. The home is the biggest source of tobacco smoke with over 50 children admitted to hospital every day in the UK as a result. If you smoke when your children are around they can inhale the equivalent of 150 cigarettes a year. The best thing you can do is ban or restrict smoking in your home and your car. By doing this you will immediately reduce the risk to your family.

To ensure a smoke free environment for baby, it is advised that all pregnant women and other smokers in the home try to give up. We provide lots of help for you to do this.

Call the Stop Smoking in Pregnancy and Beyond Service on 01302 566776 or the NHS Smokefree pregnancy helpline 0300 123 1044 for further information and support.



Safe sleeping

Getting to know your baby is a very rewarding and exciting time – it's the beginning of a new relationship. Babies need a lot of sleep during the first few months of their lives so it's really important to make sure they are sleeping as safely as possible.

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby where no cause is found. Whilst this is rare, it can still happen and there are steps you can take to help reduce the chance of this tragedy happening.

Here are a few essential things you can do, and avoid doing to help lower the chance of SIDS. You can also talk things through further with your midwife or health visitor if you have any questions or concerns.

Things you can do:

- Always place your baby on their back to sleep
- Keep your baby smoke free during pregnancy and after birth
- Breastfeed your baby, if you can
- Place your baby in a separate cot or Moses basket in the same room as you for the first six months
- Use a firm, flat, waterproof mattress in good condition

Things to avoid:

- Never sleep on a sofa or in an armchair with your baby
- Don't sleep in the same bed as your baby if you smoke, drink, take drugs or are extremely tired, or if your baby was born prematurely or was a low birth weight
- Avoid letting your baby get too hot
- Don't use loose bedding or cover your baby's face or head while they're sleeping

To avoid accidents remove all pillows, soft bedding, cot bumpers and soft toys from the cot.

For more information on safe sleeping visit www.lullabytrust.org.uk

Alcohol and pregnancy

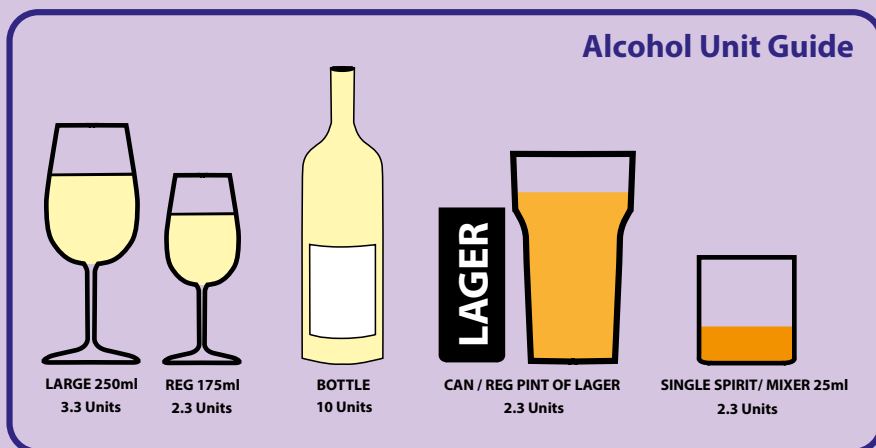
If you drink at any time during your pregnancy, the alcohol can affect your baby. No 'safe' level of alcohol use during pregnancy has ever really been established so the safest approach is not to drink at all when you're expecting.

- Drinking too much alcohol during your pregnancy can lead to your baby being born with birth defects and brain damage. This in turn, can lead to serious long term problems for your baby
- Drinking alcohol is potentially most harmful for your baby in the first three months of pregnancy when it is linked to miscarriage and birth abnormalities. Drinking in the second half of your pregnancy can affect how your baby grows and develops
- Drinking heavily (more than six units a day) throughout pregnancy can cause your baby to develop a serious condition called Foetal Alcohol Syndrome which means your child could have restricted growth, facial abnormalities and learning and behavioural disorders

It is advised that all pregnant women avoid alcohol completely during their pregnancy.

If you have any concerns with your alcohol intake or would like to talk to someone in more detail please speak to your midwife, Doctor or a healthcare professional.

For further help and support, contact Aspire Drug and Alcohol Services on 01302 730956 or visit www.aspire.community



Prescription and over-the-counter medicines

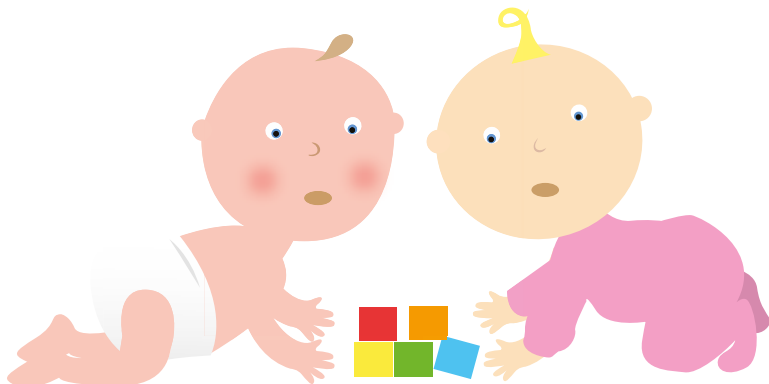
Some medicines, including some common painkillers, can harm your baby's health.

To be sure a medicine is safe in pregnancy:

- Always check with your doctor, midwife or pharmacist before taking any medicine
- Make sure your doctor, dentist or other healthcare professional knows you're pregnant before they prescribe anything or give you treatment
- Talk to your doctor immediately if you take regular medication, ideally before you start trying for a baby or as soon as you find out you are pregnant
- Use as few over-the-counter medicines as possible
- If you are taking prescription medication for stopping smoking, stop taking it immediately and talk to your doctor/ midwife/ stop smoking advisor

Not all 'natural' remedies are safe in pregnancy. Tell your pharmacist, midwife or doctor if you are using herbal, homeopathic or aromatherapy remedies

Using illegal drugs and abusing prescription drugs during pregnancy can have a potentially serious effect on your unborn baby. It can slow your baby's growth in the womb and increase your chances of having a premature birth and a low birth weight baby. This in turn can lead to other problems including the risk of cot death (Sudden Infant Death Syndrome).



If you are dependent on certain drugs the baby will be born dependent on these too, and can develop what is known as 'Neonatal Abstinence Syndrome', a condition where the baby shows signs and symptoms of withdrawal. Baby withdrawals usually last a few days or weeks, but they can go on for a number of months.

It is advised to avoid all drugs during pregnancy apart from those prescribed to you by a health professional. If illegal drugs are part of your life, getting help can really improve the outlook for you and your baby.

If you use drugs or you think you have a substance misuse problem please speak to your maternity team, GP or Aspire Drug and Alcohol Services on 01302 730956 for further help and support.



Managing your weight during pregnancy

Your BMI calculation (height and weight ratio) when you are newly pregnant may highlight the need for some additional care or support during your pregnancy. This may include a referral to the healthy lifestyle midwives who are based in the antenatal clinic.

The weight you put on includes your baby, the placenta, extra fluid in your bloodstream, water around your baby, your growing breasts, and some extra fat stores to protect your baby.

The important thing is to keep weight gain to a safe and healthy level for you and your baby, and not gain excess weight, which can be difficult to lose. Your doctor or midwife can advise you on what is right for you.

If your BMI is 30 or over:

Managing your weight is not about dieting or trying to lose weight.

It's about looking after yourself and your baby by eating healthily, keeping active and therefore not gaining excessive weight.

It may also help reduce the risk of pregnancy complications for you, for example pregnancy diabetes and the likelihood of your baby being overweight during their lifetime.

During pregnancy you may need a little extra food, but only up to 200 extra calories a day and that is only in the last three months. There are no UK national guidelines on how much weight you should put on during pregnancy, but there is evidence to show that gaining between 5-9kg may reduce pregnancy complications for you and your baby.

Exercise during pregnancy is important for your health and your baby's health.

When you exercise, even doing something as simple as walking, oxygen flow to the placenta is improved and this helps the baby to grow and develop.

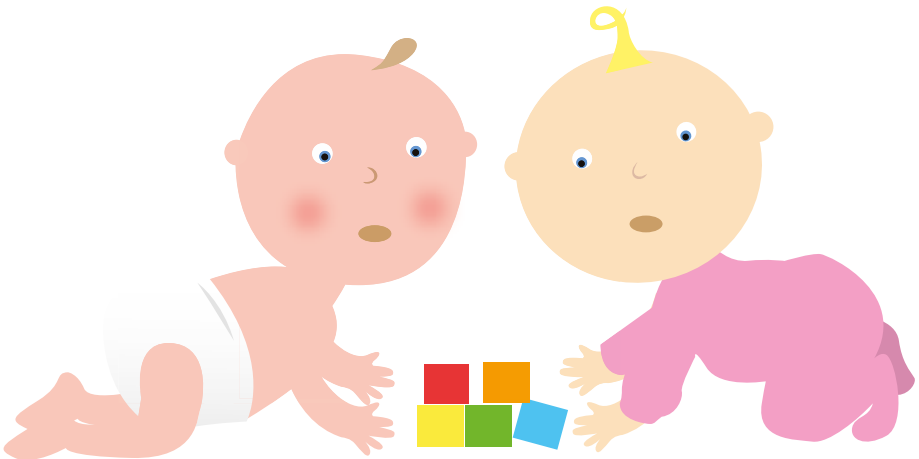
Slowly building up and/or maintaining your activity will make it easier to manage your weight during pregnancy and afterwards.

It will also reduce the chances of you having complications like high blood pressure or gestational diabetes, and this means less risk for the baby. Some women are worried that exercise may cause miscarriage, but there is no evidence to support this.

If you weren't very active before your pregnancy, don't worry. There are lots of small changes you can make to your everyday lifestyle to make a difference, for example by walking or accessing the aquanatal exercise classes across the borough, or just by increasing what you are already doing. You should aim to build up to 30 minutes of exercise a day at least four times a week.

For more information go to:

www.nhs.uk/start4life



Supporting mums-to-be

Mums-to-be have a lot to think about while they're pregnant and sometimes they want to make changes to their lifestyle to look after their babies' health. This might mean those around them also have to give up something they love to show their support. The good news is that helping mum to have a healthier and happier pregnancy doesn't have to be hard. It will be a lot easier for her with your help and there could be some benefits for you too!

Show your support:

- Try to cut down on alcohol
- Stop smoking
- Keep active together
- Try eating some healthier foods with her
- Go with her to the doctor if she's worried
- Be there if she has a scan and see baby on the screen

As well as supporting mum to have a healthy pregnancy, you can also be a big help when the big day arrives.

This checklist may be useful in the final weeks:

- Make sure you can be contacted at all times
- Decide how you'll get to the hospital (if you have arranged a hospital birth)
- If you're using your own car, make sure it works and has petrol, and do a trial run to see how long it takes to get from your house to the hospital
- Remember to pack a bag for yourself, including snacks, a camera, and your phone or change for the telephone
- Have a contact list ready to tell people once the baby has arrived

It is normal for you both to have lots of questions during pregnancy, especially if it's the first time. There's lots of information to take in and a new baby can mean a lot of change, so talk through your concerns and try to make decisions together.

You can get more information and advice at antenatal or parenting classes. To find out where these are happening in your area please speak to your midwife or contact your local Family Hub.

The Stop Smoking in Pregnancy and Beyond service offers support to partner and can be contacted on 01302 566766.

Useful websites:

www.nhs.uk/start4life

www.nhs.uk/conditions/pregnancy-and-baby/pages/dad-to-be-pregnant-partner.aspx



Home safety

Babies are completely dependent on you for their safety. Here are a few things you can do to help keep your baby safe at home.

Preventing falls

- Change your baby's nappy on a changing mat on the floor
- Don't leave your baby unattended on a bed, sofa or changing table, even for a second as they could roll off
- Don't put your baby in a bouncy chair or car seat on a table or kitchen worktop as they could wriggle and tip it over the edge
- Be careful when carrying your baby up and down stairs in case you trip – and always watch where you are putting your feet

Avoiding choking, suffocation and strangulation

- If you give your baby a bottle, always hold the bottle and your baby while they are feeding
- Keep your baby out of reach of small objects such as buttons, coins and small toy parts
- Be careful not to hang things like bags with cords or string over the cot
- Cut or tie up curtain or blind cord well out of your baby's reach
- Don't use pillows or duvets with babies under the age of one as they can suffocate if their faces get smothered

Preventing poisoning

- Fit carbon monoxide alarms wherever there's a flame-burning appliance such as a gas boiler or open fire. Carbon monoxide is poisonous but you can't see, smell or taste it
- Make sure your appliances are serviced regularly and ventilation outlets in your home aren't blocked
- Keep all medicines and cleaning products locked away or high up out of reach
- Make sure bottle tops and lids are always firmly closed when not in use

Avoiding burns and scalds

- If you're having a hot drink, put it down before you hold your baby and don't leave your drink in easy reach of little hands – a hot drink can still scald 20 minutes after it was made
- After making a bottle of milk, shake the bottle well and test the temperature by placing a few drops of milk on the inside of your wrist before feeding. It should feel lukewarm, not hot
- Always put cold water in the bath first and always test the water temperature with your elbow before putting your baby in the bath – the water should feel neither hot nor cold

Preventing drowning

- Never leave your baby alone in the bath – not even for a moment, unless supervised by another adult
- If you use a bath seat, remember that it's not a safety device – you still need to stay with your baby at all times
- Empty the bath as soon as you've taken your baby out

For more information on keeping your baby safe and things to be aware of as your baby grows and starts to explore their surroundings, visit:
www.nhs.uk/conditions/pregnancy-and-baby/pages/baby-safety-tips.aspx

Further information can also be found at www.capt.org.uk



Healthy relationships

Pregnancy will bring about big changes to your relationship, especially if this is your first baby. Some people cope with these changes easily, while others find it harder. Everybody is different.

It's quite common for couples to have arguments every now and then during pregnancy, however much they're looking forward to having the baby. Some of these may be nothing to do with the pregnancy, but others may be caused by one of you feeling worried about the future and how you're going to cope. It's important to realise that during pregnancy there are understandable reasons for the odd difficulty between you, and good reasons for feeling closer and more loving.

In a relationship, you should feel loved, safe, respected and free to be yourself but if your relationship leaves you feeling scared, intimidated or controlled, it's possible you're in an abusive relationship. Abuse is not normal and never ok.

When abusive behaviour first starts, it can seem like caring, loving behaviour, just perhaps a little over the top. But jealousy, possessiveness, controlling what you do or what you wear for instance, can be a sign of abusive behaviour developing.

One in four women experience domestic abuse or domestic violence at some point in their lives. This may be physical, sexual, emotional or psychological abuse. Thirty per cent of this abuse starts in pregnancy, and existing abuse may get worse during pregnancy or after giving birth. Domestic abuse during pregnancy puts you and your unborn child in danger. It increases the risk of miscarriage, infection, premature birth, and injury or death to the baby.

It can be hard to recognise abuse behaviour, visit www.doncasterdomesticabuse.co.uk to see how healthy your relationship is.

Getting help

If you are pregnant and think you may be in an abusive relationship, there are lots of people who can help you. You can speak in confidence to:

- Your Doctor
- Midwife
- Obstetrician
- Health visitor
- Social worker

To speak in confidence to an advisor who understands call the Doncaster Domestic Abuse Helpline on 0800 4701 505, open Monday to Friday 9am -10.30pm

In an emergency call 999

Or you can call the confidential 24-hour National Domestic Violence Helpline on 0808 2000 247.

For more information go to:

www.nhs.uk/livewell/abuse/pages/domestic-violence-help.aspx

Pregnancy and sexual health

It is perfectly safe to have sex during your pregnancy, but it may not be all that easy. You will probably need to find different positions as lying flat on your back after 16 weeks is not advisable. Your Midwife or Doctor will probably advise you to avoid sex if you have had any heavy bleeding in pregnancy as sex may increase the risk of further bleeding if the placenta is low or there is a haematoma (a collection of blood). You may also be advised to avoid sex if your waters have broken (rupture of membranes) as this can increase this risk of infection. If you are unsure ask your Midwife or Doctor.

If you have any reason to believe that you or your partner may have a Sexually Transmitted Infection (STI), go for a check-up as soon as possible as it may affect your baby's health during pregnancy and after the birth. STIs often have no symptoms, so you may not know if you have one. You can get sexual health screening and advice at Project 3 if you are 18 or younger; and TriHealth Doncaster (if you are 19 or older. (See details on Useful Contacts page)
East Laith Gate House: 01302 644555 or 01302 644556
Doncaster Royal Infirmary: 01302 553111 or 01302 553112

If you're under 25 years old, you can order a free chlamydia test online:
www.tficlear.co.uk/index.php/order-a-free-test-kit

Choosing contraception after having your baby

Although sex might be the last thing on your mind just after giving birth, your body could be fertile within 21 days. Even if you don't plan on having sex for a while, thinking about what you want and discussing it with your partner puts you in a good place when the time comes.

Ideally, contraception should be discussed within one week of giving birth, with either your doctor or midwife as some methods of contraception need to have been in use for three to four weeks to be effective.

To discuss contraception, contact your doctor or midwife. Alternatively visit your local Contraception and Sexual Health Service.

Other useful contacts

Doncaster Breastfeeding helpline

01302 642794

Families Information Service

The Families Information Service is an online directory of all services available for parents in Doncaster when facing almost any family problem, large or small. From day care and early learning, to schools and alternative education. From midwifery and health visiting to mental health, and from advice on parenting to family support and adult learning to employment opportunities. For more information visit www.doncaster.gov.uk/fis

Family Hub

Doncaster Family Hubs are the place to go for a range of activities, advice and information for you and your family. Families are welcome with children of all ages, from birth, through childhood, into teenage years and even older if your child has a special need. To find your local Family Hub or for further information visit www.doncaster.gov.uk/fis

Health Visiting Service

Health Visitors offer expert health assessments, advice, support and interventions to children and families as required from antenatal time to when your child is 5 years old. They advise and inform new parents on issues such as feeding, sleeping, safety, physical and emotional development, weaning, immunisations and other aspects of childcare. You can speak to a Health Visitor on 01302 566775.

Healthy Start Voucher Scheme

The national Healthy Start scheme allows those parents and children who are eligible to have access to free vitamins and also fruit, vegetable and milk vouchers. In Doncaster, all pregnant women and women with babies up to one year of age can receive free Healthy Start vitamins. For more information speak to your midwife or health visitor or visit www.healthystart.nhs.uk

Immunisations and Vaccinations

www.nhs.uk/vaccinations

Project 3 - Children and Young People's Health and Wellbeing Service

Project 3 is a service for young people aged 18 years and under who need advice information, help, support and intervention around: sexual health, stop smoking, drugs, alcohol, legal highs; and young people affected by somebody elses drug or alcohol use.

For more information call 01302 640032 or email: rdashproject3.referrals@nhs.net

TriHealth Doncaster (Sexual Health Services)

TriHealth provides sexual health screening and contraception for adults aged 19 and older. Contraception advice: 01302 640040, STI/HIV advice: 01302 553111/553112. Visit www.doncastertrihealth.co.uk

Aspire Drug and Alcohol Services

If you need help or you're concerned that you (or someone you know) has a problem with drugs or alcohol, Aspire provide a full range of drug and alcohol services to people aged over 18 across the borough of Doncaster. For more information call 01302 730956 or visit www.aspire.community

Stop Smoking in Pregnancy and beyond

Providing advice and support for pregnant women and their families to quit smoking: 01302 566776

Talking Shop

The Talking Shop offers free confidential advice about mental health and wellbeing: 01302 565556

