

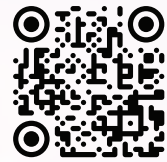
MUM AND BABY HEALTH

Register your pregnancy
with the Women's Hospital 0151 702 4352

Register with a GP

Find a local GP: 111.nhs.uk

You don't need to prove address or status.



Any changes to baby's movements

contact your midwife or call 0151 702 4413

If you are unwell or worried
about your baby in pregnancy

If you feel unwell
(including pain and bleeding)
or worried baby isn't moving, call
Liverpool Women's Hospital:

Before 16 weeks' pregnancy
0151 702 4140

After 16 weeks' pregnancy
0151 702 4413

NHS
vaccinations
and when to
have them



In labour?

Call 0151 702 4413

- 2-3 contractions in 10 minutes
- If your waters have broken
- If you are bleeding
- If there are reduced baby movements
- If you feel unwell

If your baby is unwell after birth

Baby check App

If your baby is under six months of age,
you can use the Baby Check app to find out
if they need to see a health professional.



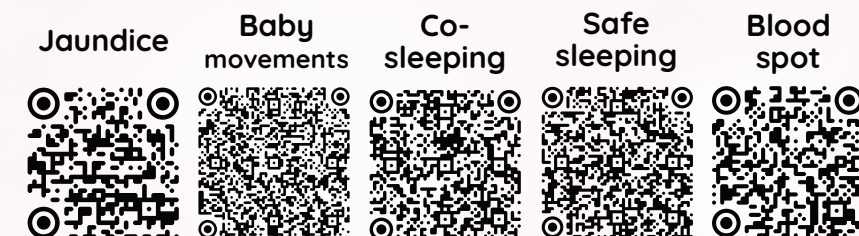
Is my baby unwell?

Information and helpful advice on children
who are unwell.



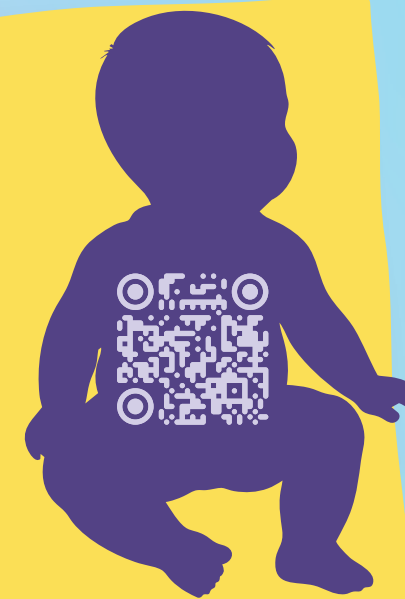
Non urgent: Call your GP or NHS 111

Very unwell: Attend Smithdown Children's Walk-in Centre
L15 2LQ or Alder Hey Children's Hospital L14 5AB



WHOOPING COUGH

Whooping Cough
(Pertussis) can be
deadly for newborn
babies. Mum can have
an immunisation from
15 weeks, which protects
your baby when they
are born.



Watch our
short film

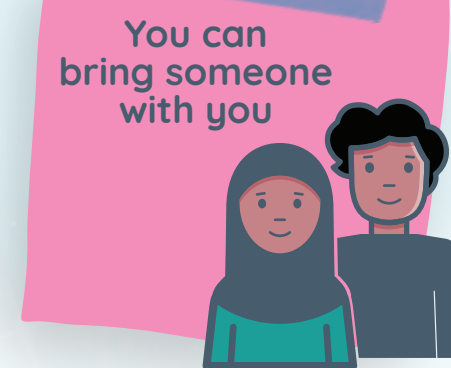
Advice from women with lived experience of birth in the asylum

- You can trust your midwife - tell her what you need
- You can request a female midwife
- Your health records are confidential and will not be shared with the home office
- Tell your midwife that the Home Office can move you and ask for a call if you miss an appointment
- You will have 2 free ultrasound scans during pregnancy (unless high risk)

You can do this!

Help with your appointments

Bus fare refundable

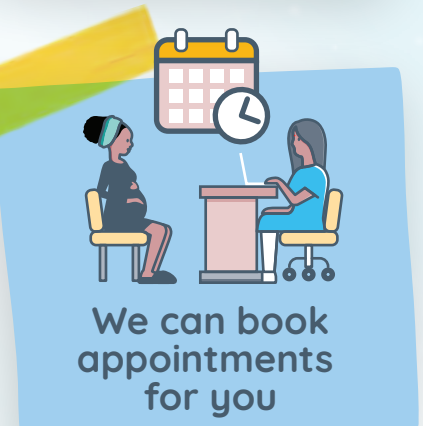


You can
bring someone
with you

Data
can be
provided



Interpretation
is available



We can book
appointments
for you

Ask your Health Care Professional



LIVED EXPERIENCE

*Created
with love...*



In partnership with



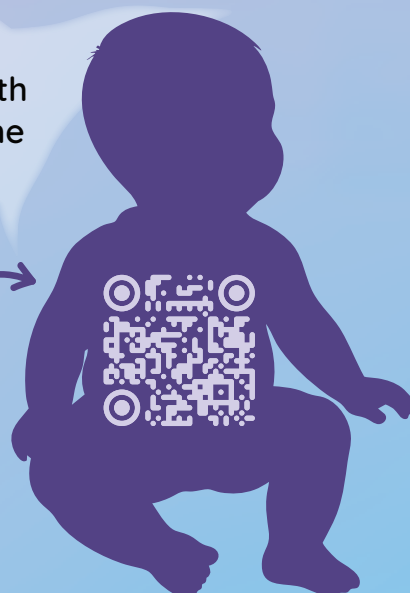
As Creative Influencers, we are a group of women with lived experience of childbirth in the asylum system. In response to the health inequalities experienced by migrants, we became a group in 2022. We work with health partners to create solutions to support better health and care for women in the asylum system and with English as an additional language.

This pregnancy poster is designed to give you information about each appointment in your pregnancy journey. This includes standard health information and advice from us in the yellow circles.

We have included additional information you can access by pointing your phone over this icon.

We wish you a healthy,
happy pregnancy.

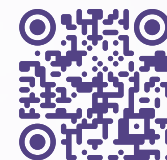
Sent with love x



PREGNANCY SUPPORT

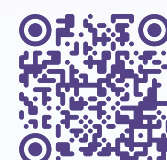
Unsure about continuing
your pregnancy?

BPAS Pregnancy Advisory Service



Register with a dentist

Free NHS dental treatment available



Antenatal classes



Ask your midwife

Baby Basics



Ask your midwife

Birth options



Birth info



Feeding support



Crying baby



NHS
Liverpool Women's
NHS Foundation Trust



LIVED EXPERIENCE

Your Pregnancy Journey

Everything you need
to know about your
appointments and support
for you and your baby

FINDING OUT you are pregnant

Help with your appointments
See reverse of this poster

Your Pregnancy Journey

NHS
Liverpool Women's
NHS Foundation Trust



Congratulations!

- Register with the Women's Hospital
- Try to be seen by 8 weeks of pregnancy
- Free prescriptions - ask for HC2 or maternity exemption forms
- Start taking folic acid

20 WEEK ULTRASOUND

- Hospital scan to check baby's physical development

You can find out your baby's gender

Point your phone here to view a film

FROM 16 WEEKS

Get the Whooping Cough (Pertussis) immunisation

25 WEEK appointment

- Mum and baby health check
- Discuss feeding baby

Check if you can apply for a Surestart grant

28 WEEK appointment

- Blood tests for anaemia and pregnancy related diabetes
- Injection for blood type rhesus negative mums

Ask for a Baby Basics referral

31 WEEK appointment

- Discuss preparing for baby's birth

Participate in baby antenatal classes

34 WEEK appointment

- Discuss baby feeding choices & join a breastfeeding session
- Discuss skin to skin contact
- Discuss birth plan

36 WEEK appointment

- Discuss place of birth and birth plan including labour, birth signs and pain relief
- Discuss vitamin K for baby after birth
- Discuss safe sleeping
- What to pack in a hospital bag

Your Health Visitor may visit you at home

FIRST appointment

- Check mum's health and pregnancy history
- Blood tests for mum

In England your health records are confidential



You can bring a partner or friend

11-14 WEEKS ULTRASOUND

- Hospital scan to check the age of baby, single or twins
- Optional baby medical conditions screening
- Hear baby's heartbeat

15 WEEK appointment

- Discuss baby's movements
- Discuss pelvic health and antenatal classes from 15-28 weeks

Discuss Whooping Cough (Pertussis) immunisation

Ask for a prescription for probiotics

Ask if you can get Healthy Start Vouchers

Ask to be referred to the Family Hub

38-42 WEEKS weekly appointments

- Health of mum and baby
- Membrane sweep available from 38 weeks
- Induction of labour is offered from 41 weeks

£300 payment at 37 weeks for asylum seekers

IN LABOUR
When to call
0151 702 4413

2-3 contractions in 10 mins
If your waters break
If you are bleeding
Reduced baby movements
If you feel unwell

DISCHARGE
leaving hospital

Register baby's birth

