

# 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.



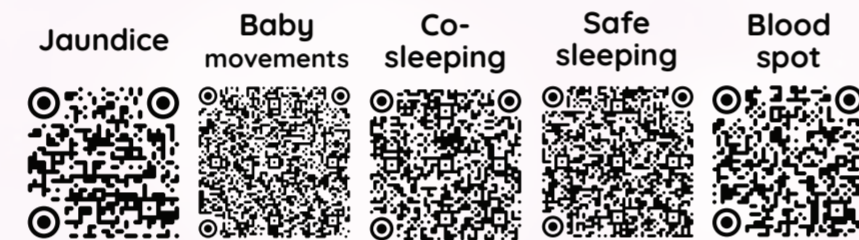
### Is my baby unwell?

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



We can book appointments for you



Interpretation is available

Ask your Health Care Professional



LIVED EXPERIENCE

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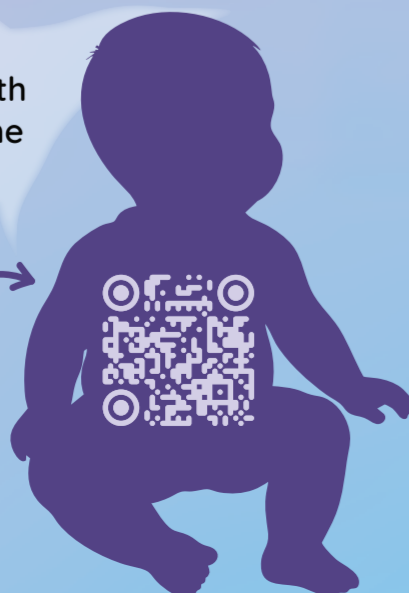
As Creative Influencers, we are a group of women with lived experience of childbirth in the asylum system. In response to the health inequalities experienced by migrants, we became a group in 2022. We work with health partners to create solutions to support better health and care for women in the asylum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

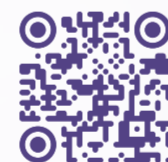
Sent with love x



# 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

# Your Pregnancy Journey



**FINDING OUT you are pregnant**

Help with your appointments  
See reverse of this poster

From now on you will see your midwife at every appointment

Tell your midwife if the Home Office moves you, and ask her to call if you miss an appointment

You can register with any GP - no ID required

You can request interpretation

**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

**FIRST appointment**

In England your health records are confidential

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



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**

Ask for a prescription for probiotics

Ask if you can get Healthy Start Vouchers

Ask to be referred to the Family Hub

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

Discuss Whooping Cough (Pertussis) immunisation

**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

**34 WEEK appointment**

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



**36 WEEK appointment**

Your Health Visitor may visit you at home

- 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

£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



**25 WEEK appointment**

- Mum and baby health check
- Discuss feeding baby

**28 WEEK appointment**

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

**31 WEEK appointment**

- Discuss preparing for baby's birth

Participate in baby antenatal classes



Ask for a MATB1 form

Check if you can apply for a Surestart grant

Ask for a Baby Basics referral