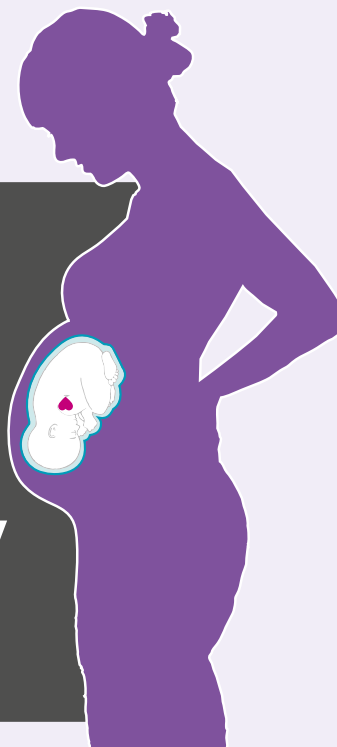


Keeping you and your baby safer during pregnancy

with the Maternity Network Wales



SAFER
PREGNANCY



1000 LIVES
O FYWYDAU

Help your baby by:

Staying active

If you're already active, keep up your normal activity for as long as you feel OK.

If you're not active at the moment, start exercising slowly doing some walking or swimming, for instance – and build up from there.

You should build up to 150 minutes of physical activity every week. Just 10 minutes here and there, it all counts.



Eating well

Putting on too much weight or trying to lose weight in pregnancy can lead to problems for you and your baby. Your midwife will check your weight. If it's high, you may need extra care.

Eat plenty of healthy food but eat for one, not two! Eat the same amount as normal while pregnant. Make sure you take your folic acid and vitamin D tablets.



Keeping your appointments

Missed appointments could mean missed opportunities to check that both you and your baby are well.

If you can't keep an antenatal appointment, let the clinic or midwife know and make another appointment.



Health professionals will talk to you about:

Smoking

Smoking in pregnancy is harmful to both you and your baby. The sooner you stop, the better. It is never too late.

Your midwife will do a test to see if smoke, including from others around you, is affecting your baby. Call 0800 085 2219 to find free NHS help to quit near you or talk to your midwife.



Drinking alcohol

The safest approach is not to drink alcohol at all while you are pregnant. The more you drink the greater the risk.

Heavy drinking can lead to long-term harm to your baby including poor growth, and problems with their learning and behaviour.

If you are worried about your drinking ask your midwife or doctor to help.



Taking drugs

Using street drugs and some medicines during pregnancy can harm you and your baby.

If you do use drugs be honest about what you are using. Midwives and doctors will not judge you and will help both you and your baby get the care you need.

Stopping using drugs suddenly is not always a good idea. We can help you to stop safely.



Talk to your midwife about:

Your baby's movements

Most women first feel their baby move when they are 18–20 weeks pregnant.

This may feel like a kick, flutter, swish or roll.

The baby tends to get more and more active until 32 weeks and then stays the same until you go into labour.

If you are worried about your baby's movement please contact your midwife or hospital.



Preventing infections

Your body finds it harder to fight off germs in pregnancy. Some germs can harm your baby. Washing your hands well and often is the best way to reduce the risk.

Flu and whooping cough can be serious for you and your baby. These vaccinations are offered to keep you both safe. Make sure you get yours.



Any worries

Your midwife is there to help if you have any questions about your pregnancy. You can talk to them about what is normal and how to keep you and your baby safe.

You may also want to talk to your midwife about your feelings. If you are feeling down or hopeless it is important to tell your midwife or other health professional.



1 baby in every 200 is stillborn. Together we can make a difference.

To find out more: <http://bit.ly/bumpbabyandbeyond> #saferpregnancywales