

INFORMATION FOR MOMS TO BE IN SANDWELL

MyPregnancy

Second edition

Breastfeeding *Know the facts*

Going round in circles about whether or not to breastfeed?

EXERCISES *AND YUMMY RECIPES*

Tasty picks for you and your baby?

YOUR to local **GUIDE** services

Changes

Antenatal Education Programme

Free sessions

HEALTHY
SANDWELL

We find the support you need



HEALTHY START VOUCHERS

WHAT IS HEALTHY START?

If you are pregnant or have a child under four years old you could get Healthy Start vouchers to help buy milk, fresh and frozen fruit and vegetables, and infant formula milk.

WHAT TO BUY WITH THE VOUCHERS

There are lots of great foods you can buy with your Healthy Start vouchers:

- Milk
- Plain fresh or frozen fruit and vegetables
- Infant formula milk
- Vitamins

DO I QUALIFY FOR HEALTHY START?

You qualify for Healthy Start if you're at least 10 weeks pregnant or have a child under four years old and you or your family get:

- Income Support, or
- Income-based Jobseeker's Allowance, or
- Income-related Employment and Support Allowance, or
- Child Tax Credit (but not Working Tax Credit unless your family is receiving Working Tax Credit run-on only*) and has an annual family income of £16,190 or less (2014/15).

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits or tax credits.



HOW CAN I SIGN UP?

Applying for Healthy Start is easy. If you already have an application leaflet just fill out the form ask your midwife or health visitor to sign it and send it to us using the freepost envelope included. If you don't have an application form you can find one online by visiting www.healthystart.nhs.uk.



Hello!

Welcome to the second edition of

MyPregnancy

This has been put together by moms and dads from Sandwell, with the help from services that work in this area.

In this year's edition we have lots of information and advice that will hopefully help you over the next few months. Our focus this year is to encourage more women to breastfeed, so we have some top tips from our moms on this.

Also look out for information on how to book onto our FREE Changes

Antenatal Education Programme, sessions are running throughout the year across Sandwell. We hope you find this useful.

Take care

XXX



This magazine has been put together by:



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If you have any queries or want more information about anything in this publication please contact the **Healthy Sandwell team** by emailing lifestyle_services@sandwell.gov.uk

What is antenatal care?

Antenatal care is the care you receive from your midwife during your pregnancy.

Here are some key things you need to know:

Midwife - your midwife is the qualified health care professional who cares for women during pregnancy, at childbirth and after birth.

Contact - the midwife will see you about ten times before your labour to make sure you and baby are doing well.

Blood tests - you will be offered blood tests so the midwife can make sure you and the baby are healthy.



Where to have your baby

Whilst this may seem like a long way off, you need to start thinking about where you want to give birth, and think about all the options available. You can ask your midwife about where in Sandwell you can go to give birth, and what hospitals nearby offer.

You may talk about the following:

- Birthing plans
- Birthing pools
- Whether you want partners and relatives there with you
- Breastfeeding help and support
- Visiting hours
- Home Birth



So you've found out your expecting!!

First of all **congratulations!**

I can imagine you have a lot of things running through your mind, and probably worrying about a few things. Here's some top tips from some of our moms to help you in the first few weeks of finding out the news...



Tip 1 - work out when your baby is due.. there's loads of calculators online, or your GP and midwife will be able to work this out for you



Tip 2 - visit your GP/ Midwife as soon as possible. They'll then get in you touch with all the services you need and answer questions you may have.



Tip 3 - start thinking about where you want to have your baby. Your midwife will be able to talk about different options with you.



Tip 4 - don't get overwhelmed, there's a lot to take in. This magazine's designed to give you some information and to take you step by step through pregnancy and being a new mom.

FROM OUR EXPERTS

Even if you have done a pregnancy test.. you should see a GP or midwife as soon as possible. When you find out you are pregnant you may feel different things, and this is normal. You can feel extra emotional because of the change in your hormone levels.

Learn about the benefits you are entitled to now you are pregnant! Lots of things are included in this magazine. Some key things you should do:

- Stop smoking
- Eat well
- Stay active
- Take healthy start vitamins, or folic acid supplements
- Stop drinking alcohol
- Have the flu jab



It really is a rollercoaster!

“One minute I feel so happy, the next I’m really emotional, what is going on?”

When you are pregnant it can sometimes seem as though you have to be happy all of the time. You may find that people expect you to look forward to the baby, be excited and to ‘bloom’ all the time. You too may think that this is the way you ought to feel. In fact, you are likely to have ups and downs, just like any other nine months in your life.

Hormonal changes and tiredness

Hormonal changes taking place in your body can make you feel tired, nauseous, emotional and upset - particularly in the first three months. You may find that you cry more easily, sometimes for no reason or lose your temper more often. Being tired and run down can make you feel low. Try to look after your physical health and get plenty of sleep, if you are feeling very tearful or anxious most of the time - for whatever reason - talk to your midwife or doctor as soon as possible.

Sandwell feel good 6

Wellbeing is about feeling good and doing well in our day to day lives. Our six ways are simple things to do every day, to improve how you are feeling.

Connect - meet up, build relationships, make friends

Move - whatever you can do, being active makes you feel good

Notice - take time, stop and focus on the moment, enjoy the outdoors

Learn - try and learn something new, see what’s out there, surprise yourself

Give - give your time, do something nice for someone

Talk - talk about what’s important for you.



SANDWELL'S FEELGOOD 6 connect•move•notice•learn•give•talk
WAYS TO WELLBEING IN SANDWELL

Find out more online at www.sandwell.gov.uk/feelgood6



if you smoke they smoke...

Stopping smoking is the best thing you can do if you are having a baby..

and here’s why...

- **Every cigarette harms your baby**
- **The smoke restricts the oxygen supply going into your baby, so their tiny heart finds it harder to beat.**
- **It’s never too late to stop! If you stop smoking, you are more likely to have a healthier pregnancy and healthier baby.**

Second hand smoke

If your partner or anyone around you smokes, it can affect your health and your baby’s health.

Ask them to smoke outside, or even encourage them to make a quit attempt.

“I couldn’t quit alone”

If you struggle to quit, why don’t you get some help. We have a free service for moms who are trying to quit.

Get in touch today, and find out how we can help you give up smoking 0800 011 4656 / 0121 569 5100.

There’s also information online - visit www.nhs.uk/smokefree/why-quit/smoking-in-pregnancy



yummyfood

that's great for you and your baby

Everything that mom eats and drinks reaches baby in some way and can impact on baby's health before and after it is born.

A supplement of folic acid is important before pregnancy and in early pregnancy. It can be found in broccoli, green bean, oranges, peas, chick peas. Mom's don't need a special diet but it is a good idea to have a healthy diet.

Choose Healthy Snacks

Instead of snacks that are high in fat and/or sugar like crisps, biscuits or chocolate, try these healthier options:

- Pitta bread filled with grated cheese, lean ham, mashed tuna, salmon or sardines with salad.
- Salad vegetables, such as carrot, celery or cucumber
- Low-fat lower-sugar plain yoghurt or fromage frais with fruit
- Hummus with wholemeal pitta bread or vegetable sticks
- Ready-to-eat apricots, figs or prunes
- Vegetable and bean soups
- Unsweetened breakfast cereals or porridge with milk.
- Baked beans on toast or a baked potato
- Milky drinks
- Fresh fruit



Myths and FACTS

Myth - Eat for two

Your baby only weighs a few pounds, so you don't need to eat double what you would eat normally.

Myth - Don't eat salt

You need salt in your diet, so it's important that you keep salt in your diet whilst you are pregnant.

Myth - You shouldn't eat fish

Fish is really good for you and for baby. You just need to be careful to make sure you cook it through, and you only eat fish a few times a week.



Preparing food

- Wash fruit and veg to remove any traces of soil
- Wash all surfaces and wash your hands before you eat
- Heat ready meals until they are piping hot, to get rid of any bacteria (not just warming them up)
- Keep left overs covered in the fridge, and don't eat anything more than two days old

Veggie or vegan?

...here's some top tips to keep healthy during pregnancy

- Good sources of iron - pulses, dried fruit like apricots, wholemeal bread
- Good sources of Vitamin B12- milk and cheeses, yeast extracts such as Marmite.
- Vitamin D vitamins
- Calcium for vegans - make sure you opt for calcium set tofu, or use fortified soya, rice and oat drinks
- Vitamins - your doctor or midwife may suggest you take some vitamins or supplements to help make sure you get everything you need to help your baby grow, and to keep you healthy.

Foods to avoid in pregnancy:

There are some foods that you shouldn't eat while you're pregnant as they can put your baby's health at risk. These include:

- Some types of cheese
- Raw or partly cooked eggs
- Raw or undercooked meat
- Cold cured meats
- Some types of fish such as prawns
- Liver, Pate

For further information click on to www.nhs.uk/conditions/pregnancy-and-baby/pages/foods-to-avoid-pregnant



Keeping fit and feeling great

here's why you should:

Your body **will be able to cope with the changes going on inside**

Your body **will be able to cope with labour**

Your body **will be able to get back to normal after birth**

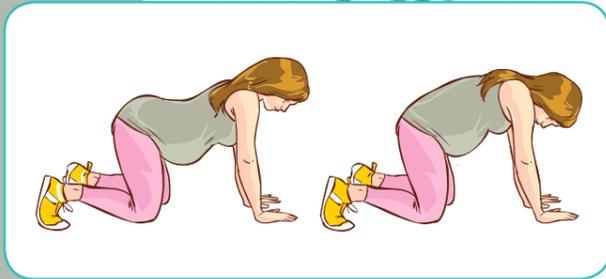


Our top exercises

Strengthening your tummy

this can help with back ache

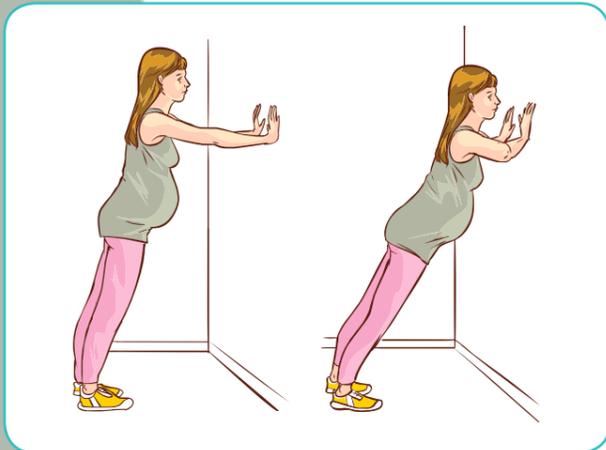
Start on all fours, and pull in your tummy and raise your back up towards the ceiling. Relax your head forward. Hold for a few seconds and gently release.



Pelvic floor exercise

this can help you prepare for labour

(try not to squeeze your bottom) Sit, stand or lie on your side. Squeeze front and back passage together (imagine holding in a tampon). Squeeze tighter/lift up from 1-10, gently release and BREATHE



Wall press up

can help you feel stronger

Stand next to any wall, with your hands touching the wall. Then move your body towards the wall, taking the weight on your arms. Try and keep your body straight.



Try and do some exercises every day.. Going for a walk can be a great way to keep active.

What are Pelvic floor muscles?

The pelvic floor muscles are located between your legs, and run from your pubic bone at the front to the base of your spine at the back. They are shaped like a sling and hold your pelvic organs (uterus, vagina, bowel and bladder) in place.

The pelvic floor muscles support the bladder and bowel, and give you control when you urinate. They relax at the same time as the bladder contracts (tightens) to let urine out.



Is one, one too many?

When you drink, the alcohol will also go through to the baby's body.

This means if you drink a lot, the alcohol can interfere with the baby's development and cause physical and mental difficulties.

No-one knows how much alcohol is safe, however what is known is the more you drink, the more likely you are putting your baby at risk.

The safest thing is not to drink any alcohol when you are pregnant

No alcohol means there is no risk for your baby to have these complications.

What is FASD?

You might have heard people talk about **FASD**, this stands for **Foetal Alcohol Spectrum Disorder**.

This is the life long condition that is caused by women drinking when the baby is still in the womb. You can learn more at about FASD at www.fasdtrust.co.uk



Getting help - if you want help or advice on your drinking, call the local support service on 0800 011 4656 4656 / 0121 569 5100.



What are you entitled to?

When you are pregnant you are eligible for free support and help for various different things. It's important you explore what's on offer to you, so you don't miss out.

Maternity leave

This depends on your employer and what policy they have for maternity leave.

Statutory maternity leave is 52 weeks, ordinary maternity leave is the first 26 weeks, and additional leave is the last 26 weeks. You don't have to take this, but you do have to take 2 weeks leave after your baby is born. (If you work in a factory, this is 4 weeks)

Maternity pay

This depends on where you work and what maternity pay they give their staff.

Statutory maternity pay is paid for up to 39 weeks. You get 90% of your weekly earnings for the first 6 weeks, and then £140.98 a week for the next 33 weeks.

You qualify for statutory maternity leave if you are an employee and you give the correct notice. It doesn't matter how long you have worked there for, and how many hours you work, or how much you get paid. You can't get less than the statutory maternity entitlement.

Extra help from the government

You may be able to get further support from the government, depending on your current situation. This could include,

Child benefit - helping parents with the cost of caring for their children

Universal credit - financial support for people in and out of work

Income support - and job seekers allowance are payments for people who are not in work or who don't have enough money to live on.

Housing benefit - this can help with your rent or mortgage repayments.

DID YOU KNOW?

When you are pregnant you are entitled to...

- ✓ **FREE DENTAL CARE** (including up until the year after the baby is born)
- ✓ **FREE PRESCRIPTIONS**
- ✓ **PAID TIME OFF** to go to your antenatal appointments. If you are studying you could get help to pay for your living expenses and living costs



Statutory Paternity Leave and Pay

Statutory paternity leave and pay is one or two weeks paid time off work so that you can help look after your new baby.



To get this you must be:

- The child's biological father or adopter
- The mother's partner
- The intended parent (if you're having a baby through surrogacy)

You must also:

- Have worked for your employer for 26 weeks by the 15th week before the baby is due
- Be employed by your employer until the baby is born

The Welfare Rights Team

Our aim is to improve income for Sandwell citizens and in doing so this provides a better quality of life. We give free independent and impartial advice and support on all welfare benefits.

We can help with: giving general guidance and support, completion of all welfare benefit forms, giving advice and support for people who have overpayments of benefits, benefits payments when they cease or are reduced, offering appointments to discuss any help with benefits issues.

Please contact the team on 0121 569 3158 or email welfarerights_team@sandwell.gov.uk



Your Baby's

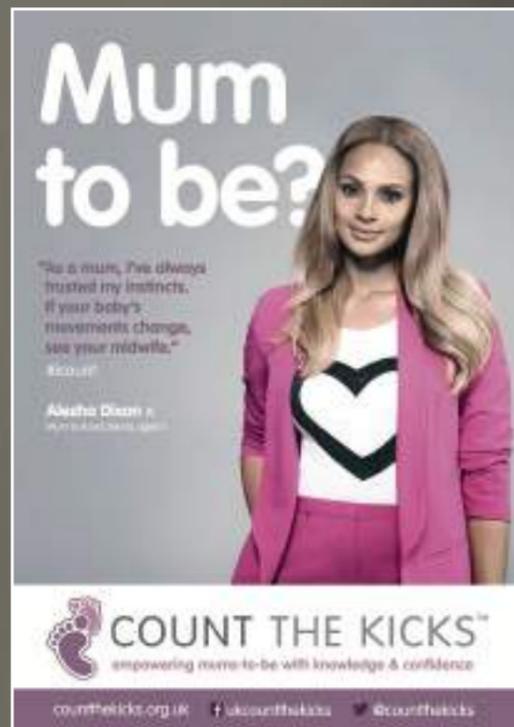
movements

When should I start to feel movement?

Most women usually begin to feel their baby move between 16 and 24 weeks of pregnancy. A baby's movements can be described as anything from a kick, flutter, swish or roll. The type of movement may change as your pregnancy progresses.

How often should my baby move?

There is no set number of normal movements. Your baby will have their own pattern of movements that you should get to know. From 16 – 24 weeks on you should feel the baby move more and more up until 32 weeks then stay roughly the same until you give birth.



Feeling your baby move is a sign that they are well.

What shall I do if I notice reduced movement?

If you think your baby's movements have slowed down or stopped, contact your midwife or maternity unit immediately (it is staffed 24 hours, 7 days a week). Do not put off calling until the next day to see what happens.

Do not worry about phoning, it is important for your doctors and midwives to know if your baby's movements have slowed down or stopped.

Do not use any hand-held monitors, dopplers, or phone apps to check your baby's heartbeat. Even if you detect a heartbeat, this does not mean your baby is well.

What if my baby's movements are reduced again?

If, after your check up, you are still not happy with your baby's movements, you must contact either your midwife or maternity unit straight away, even if everything was normal last time.

Never hesitate to contact your midwife or the maternity unit for advice, no matter how many times this happens.

Why are my baby's movements important?

A reduction in a baby's movements can sometimes be an important warning sign that a baby is unwell. Two out of three women who had a stillbirth noticed their baby's movements had slowed down or stopped.

- It is NOT true that babies move less towards the end of pregnancy
- You should continue to feel your baby move right up to the time you go into labour and whilst you are in labour too.

Get to know your baby's normal pattern of movements.

Baby Boxes

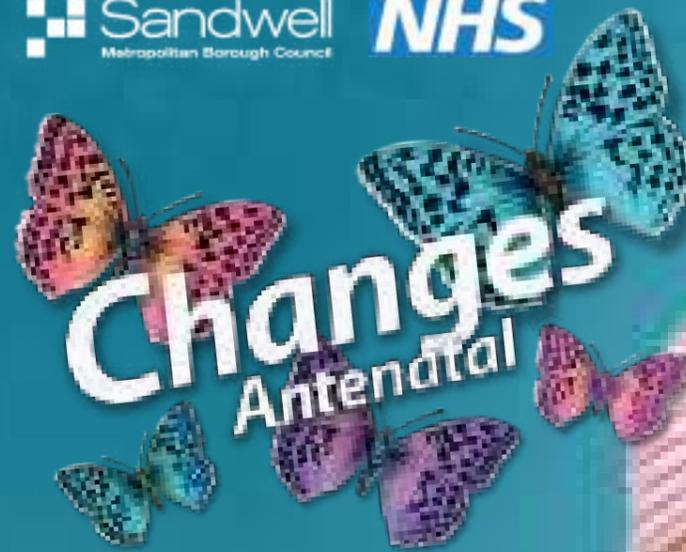
available to Sandwell Parents

Baby Boxes are new parent starter kits that contain quality infant products as well as important information about antenatal, postnatal, neonatal and continuing care.

What are the benefits of using a baby box?

- The baby box is portable; it takes up less space and is more affordable than a crib.
 - It lowers the risk of sudden infant death by 40 times for parents who would otherwise bed-share with their babies.
 - It is non-toxic and eco-friendly
- The boxes originated in Finland and have been used there since the 1930s

Speak to your midwife with regards to how you can access your FREE baby box



There are lots to think about when you are expecting a baby. A fantastic new programme is available to all families living in Sandwell

Changes Antenatal is a FREE four week course that prepares parents for the birth of their baby. The programme includes information about having the healthiest pregnancy possible, practical activities for looking after a new-born, including safer sleeping and breastfeeding support. The session about labour and birth is delivered by a trained midwife.

Messages from parents that have taken part in the course ...

Brilliant and fun, well balanced, informative not overloaded *Mom-to-be, Oldbury/Smethwick*

Overall had a good time, felt comfortable throughout the programme! Really good experience *Dad-to-be, Rowley/Tipton*

Really enjoyed it and learnt so much! Thank you! *Mom-to-be, Wednesbury / West Bromwich*

Trainers have been very helpful and took time to engage and explain *Dad to be, Wednesbury/ West Bromwich*

Feeling much more confident and prepared *Mom-to-be, Rowley/Tipton*

I love the programme I'm a little sad it's over *Mom-to-be, Oldbury / Smethwick*

It provides opportunities to find out about the range of support that is available whilst pregnant and after your baby is born.

Book now!

To book your place:



Online: www.bookwhen.com/changes
 Telephone: Healthy Sandwell on 0800 011 46 56
 Text: GETHEALTHY to 87007



Keeping Teeth and Gums Healthy

Hormonal changes during pregnancy can make your gums more vulnerable to plaque, leading to inflammation and bleeding. This is also called pregnancy gingivitis or gum disease.

It's very important to keep your teeth and gums as clean and healthy as possible while you're pregnant. Go to the dentist so they can give your teeth a thorough clean and give you some advice about keeping your teeth clean at home. Remember NHS dental care is free while you're pregnant and a year after your baby is born.

Sandwell Libraries

Becoming a member is free and entitles you to borrow books, DVD, CDs and other items from any Sandwell Library.

- Free to join and borrow up to 30 books, talking books, e-books and more.
- Free activities for children and adults e.g. rhythm and rhyme, craft activities and homework help.
- Free access to IT and Wi-Fi in all libraries
- Just turn up and make new friends at one of the groups e.g. reading groups, friends groups and mother and toddler groups.

For more information visit www.sandwell.gov.uk/libraries



Going into labour

You're likely to recognise the signs of labour when the time comes, but if you're in any doubt, don't hesitate to contact your midwife.

The main signs of labour starting are:

- Strong, regular contractions
- waters breaking
- backache
- an urge to go to the toilet, which is caused by your baby's head pressing on your bowel.



What's in your bag?

We asked women in Tipton what they packed in their hospital bags...



Cheap pants, comfy pjs, sanitary towels, dry shampoo, breast pads, change for the vending machines, baby clothes, nappies, and snacks ...lots of snacks!!

What are contractions like?

When you have a contraction, your womb (uterus) tightens and then relaxes, like a stronger version of period pains. You may have had contractions throughout your pregnancy, particularly towards the end. During pregnancy, these painless tightening are called Braxton Hicks contractions.

When you are having regular, painful contractions that feel stronger and last more than 30 seconds, labour may have started. As labour gets going, your contractions tend to become longer, stronger and more frequent.

During a contraction, the muscles in your womb contract and the pain increases. If you put your hand on your abdomen, you will feel it getting harder. When the muscles relax, the pain fades and your hand will feel the hardness ease. The contractions are pushing your baby down and opening your cervix (entrance to the womb), ready for your baby to go through.

Your midwife will probably advise you to stay at home until your contractions become frequent. When your contractions last 30-60 seconds and occur every five minutes, call your midwife for guidance. If you're planning to have your baby in a maternity ward, phone the hospital.

Children's Centres

Children's Centres in Sandwell offer a wide range of advice and support for families in the borough including:

- Information and advice about local services
- Antenatal classes
- Baby clinics and development checks run by local Health Visitors
- Ready, steady, learn sessions for parents with young children
- Stay and Play sessions
- Welfare Rights advice
- Parenting groups
- General support for families on a range of issues including support with older children
- Childcare services run by different partners at the centres including Nursery Education Fund (NEF) places and Early Learning for Twos (ELT) places

There is a core children's centre in each town of the borough with two core centres in West Bromwich

The core centres are:

Oldbury

Burnt Tree Children's Centre

20-25 Tividale Street, Oldbury, DY4 7SD.
Telephone 557 0740

Rowley

Rowley Springfield Children's Centre

Dudley Road, Rowley Regis, B65 8JY.
Telephone 559 9916

Smethwick

Cape Hill Children's Centre

Corbett Street, Smethwick, B66 3PX.
Telephone 555 6756

Tipton

Tipton Children's Centre

Glebefields Library site, 24, Ridgeway Road,
Tipton, DY4 0TB. Telephone 522 5150

Wednesbury

Friar Park Children's Centre

Priory Primary School site, Dorsett Road,
Wednesbury, WS10 0JG. Telephone 556 5405

West Bromwich

Greets Green Children's Centre

Off Claypit Lane, West Bromwich, B70 9EZ.
Telephone 500 4011

Hillside Children's Centre

Connor Road, West Bromwich, B71 3DJ.
Telephone 588 5431



Getting set...

There's so much to think about and plan, so here's some top tips to make sure you are ready for your new arrival.

Car seat

There's so many options about what car seat you should go for. Here are our top tips...

- Rearward facing
- Don't put them next to an airbag
- Harness should be about 2cm below your baby's shoulder
- The harness buckle should not rest over the child's tummy
- Check the harness every journey
- **The law requires every baby to be in an appropriate car seat, so you will need to get your car seat sorted before the baby is born, so you can bring them home.** There's loads of tips online at www.childcarseats.org.uk.

Getting your baby room sorted can be quite fun, it also can be quite daunting.

Sleeping and naps

Do...

- Always place your baby on their back to sleep
- Keep your baby's room smokefree
- Place your baby to sleep in a separate cot or Moses basket in the same room as you
- Use a flat waterproof mattress in good condition

Don't...

- Don't sleep with your baby in a bed, on a sofa or in an armchair
- Don't sleep in the same bed as your baby.
- Don't let your baby get too hot
- Don't cover your baby's head or face while sleeping
- Don't put your baby in bed with other children



"Always place your baby on their back to sleep...."

Search for children's centres on the council website, to find out more

How your baby *is developing*

	First trimester (1st-12th week)				Second trimester (13th-28th weeks)					Third trimester (29th- 40th weeks)			
	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12	Weeks 13-15	Weeks 16-18	Weeks 19-21	Weeks 22-24	Weeks 25-28	Weeks 29-31	Week 32-34	Week 33-35	Week 36 +
What is happening	Egg is fertilised				Your babies heartbeat is strong					You may start to get weird feelings in your womb - this is normal			
	Egg travels down the fallopian tube	The embryo is settled in the uterus			You may start to get a baby bump	Your baby is growing really fast				Your baby can open their eyes	Your babies hearing is sensitive - keep talking to them		
	The egg has developed and now called an embryo	You will miss your period	The heart begins to beat		Your breasts might start producing milk	They can hear your voice	Your baby will be moving around			You might get lots of heartburn	Start to practice your breathing for labour	Your babies bones are strong	
	The embryo attaches itself to your uterus	Your babies heart has started to develop	Your baby's face has started to form	Your baby has all their organs and bones		Hopefully your morning sickness will be gone	They have hair and fingerprints	Your baby may get hiccups			Your baby might start to move down, getting ready for birth	You may start to feel really tired	You may start to get contractions
			The hands and feet are appearing	They can move about in your womb			They may suck their thumb	You might start getting back pain	Your family might be able to feel the baby			Your breasts are still growing	Your baby will continue to move up until birth
				You can hear the babies heartbeat				Your bump will be showing	The baby will sleep at certain points in the day				
Current size of your baby	Size of a dot 	Size is now 5mm 	Size is now about 2.2cm 	size is now 6cm 	size is now 9cm 	size is now 14cm 	size is now 24cm 	Size is now 30cm 	Size is now 36cm 	Size is now 40cm 			
Your appointments Keep track of your appointments here													



Breastfeeding...

provides protection, comfort and food for your baby.

Benefits to baby: Breastfeeding is linked to reduced risk of ear infection, tooth decay, chest infections, diarrhoea and vomiting, obesity and type one and two diabetes in later life. Breastfeeding also reduces the risk of sudden infant death. Breastfeeding supports close and loving relationships which help your baby's brain development.

Benefits to Mum: Breastfeeding reduces your risk of breast and ovarian cancer, obesity, osteoporosis and exclusive breastfeeding uses up around 500 calories a day.

Myths and facts

- **Myth** - Babies need more milk than a breast can produce
- **Fact** - Breast milk supply works on supply and demand. The more your baby feeds the more milk you will make.
- **Myth** - Breastfeeding hurts.
- **Fact** - Breastfeeding should not hurt but it is painful when your baby is not latched on effectively. If breastfeeding is painful get help from places like breastfeeding network, your midwife or health visitor or call the national breastfeeding helpline. Don't suffer in silence.
- **Myth** - No one breastfeeds anymore.
- **Fact** - The majority of women start off breastfeeding but 8 out of 10 women stop before they want to because they have not had support and information to manage problems or get off to a good start. Breastfeeding is more successful with the right information and support.
- **Myth** - Formula milk as good as breastmilk
- **Fact** - Formula milk does not contain any antibodies or protective properties that help fight against infection. Breast milk changes and adapts all the time to meet baby's needs.



We offer the following support to Sandwell families (all of which is free):

- Antenatal classes
- Phone or text support
- Home visits
- Breastfeeding Support groups

If you need breastfeeding support please call or text the BfN Sandwell Team on 07505 775357. You can also call the national BfN Supporterline on 0300 100 0210.

If you are a breastfeeding mum then why not come along to one of our support groups? Our friendly Peer Supporters are on hand if you need any information or support. These groups are also a great way of getting out and about and meeting other local breastfeeding moms.

Find out more on our website, search for the breast feeding network - Sandwell!



Register your birth

Did you know?...

All births need to be registered within 42 days of the child being born!!

You can register the birth at the local register office in the town you gave birth.



How are you feeling?

Giving birth is an emotional and tiring experience and your hormones change dramatically in the first few days.

Some women get the 'baby blues' and feel rather weepy around three and five days after giving birth. This can be worse if your labour was difficult, you are very tired or you have other worries. Some women worry because they don't feel love for their baby immediately. You may just need to give yourself some time to adapt to motherhood. If you feel you are not bonding with your baby, talk to your midwife, health visitor or GP.

Visit Sandwell feel good 6, to get some top tips to improve your wellbeing.



Your first few days



Skin to skin contact... with your baby is important and helps with bonding. Your baby will like being close to you after birth and this is a special time for you to enjoy.

New for both of you... these first few days are new for both you. So remember for things like breastfeeding, your baby has never done this before, so may need some time to practice and understand what to do.

Emotions... these first few days can be very tough for a few moms, and there's loads of support available to help with this. Speak to your health care professionals, or if you prefer there are national support networks like PANDAs who you can speak to over the phone, or via Facebook

Who are health visitors?

Health visitors are specially trained nurses who support and educate families from pregnancy through to a child's fifth birthday.

You may meet your health visitor before the birth of your baby and in the first few weeks after the birth. You may continue to see your health visitor or a member of the team at home or at your child health clinic, Children's Centre, health Centre or GP surgery.

You will receive five key visits from your Health Visitor:

- In pregnancy - when you are around 28 weeks
- 10 - 14 days after the birth of your baby
- When your baby is 6 - 8 weeks
- A review of your child's development at 9 - 12 months
- A review of your child's development at 2 - 2 ½ years



DOMESTIC ABUSE

One in four women experience domestic abuse at some point in their lives. This may be physical, sexual, emotional or psychological abuse. 30% starts in pregnancy, and existing abuse may get worse during pregnancy or after giving birth.

Domestic abuse does not have to be tolerated

You have choices and help is available. You can speak in confidence to your GP, midwife or health visitor. In an emergency always phone the police on 999. Use the 101 number to call the police if it's not an emergency.

Black Country Women's Aid provides a range of services and support to men and women experiencing domestic abuse. You can call them 24 hours a day on 0121 552 6448

You are not alone!

SLEEPING



Babies need a lot of sleep. It might seem like it's all they do in the first few days!

It's important that you don't sleep with your baby in the same bed or on the sofa. This includes older children or other babies, and you should never put the baby to sleep next to another child.

Make sure they sleep on their back, with their feet at the end of their cot or Moses basket.

Enjoy it!
In the first few weeks, you will be learning how to look after your baby.
 You will start to understand them and will learn what is normal and what may be a sign that something is wrong. But the most important thing to do in the first few weeks is to enjoy your baby. Spending time with them is the best way to help them feel safe and loved.

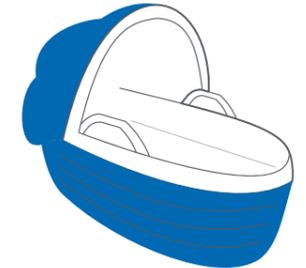
You should follow the advice for all naps, not just for night time sleep.



✓ Always place your baby on their back to sleep.



✓ Keep your baby smoke free during pregnancy and after birth.



✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months.

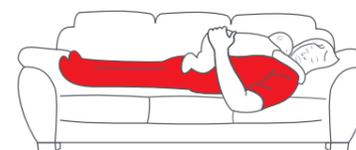


✓ Breastfeed your baby, if you can.



✓ Use a flat, waterproof mattress in good condition.

To reduce the risk of sudden infant death:



✗ Don't sleep with your baby in a bed, on a sofa or in an armchair.



✗ Don't sleep in the same bed as your baby. The risk is further increased if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight.



✗ Avoid letting your baby get too hot.
 ✗ Don't cover your baby's face or head while sleeping or use loose bedding.



Responsive bottle feeding

The early days of feeding your baby is a great time to get to know and love each other.

Making up feeds and cleaning and sterilising bottles

Make up feeds according to the guidance on the milk powder container and throw away any milk which doesn't get used after your baby has finished feeding. Milk preparation devices are not recommended.

Wash used bottles and teats in a bowl of hot soapy water and bottle brush after use then rinse them under a running cold tap before sterilising. There are three ways of sterilising bottle feeding equipment:

Cold water sterilising solution you can buy sterilising tablets or liquid to decontaminate equipment. Always read the individual instructions as guidance varies and change the solution every 24 hours.

Steam sterilising follow the instructions that come with the equipment. Always ensure that equipment is fully separated and bottles and caps are facing down, teats are facing up.

Boiling the equipment Boil for 10 minutes ensuring there are no air bubbles and the equipment stays under the water. Boiling is a useful option short term but it can damage bottle feeding equipment over time if used long term. Be careful when boiling equipment as hot water is dangerous for you, your baby and young children.

Tips on bottle feeding

- Feed your baby responsively when they start rooting (mouthing lips, sucking fingers). Crying is a late sign of hunger so try and feed them before they cry.
- Hold your baby close in a semi upright position, use eye contact to help them feel safe and invite them to open their mouth by gentle rubbing the teat on their top lip.
- Always hold your baby close to feed them and never leave them alone with a bottle as they may choke.
- Babies recognise faces and feel more secure when if most feeds are given by the main care givers especially in the early weeks.
- Gently insert the teat into baby's mouth keeping the bottle just slightly tipped so the teat is full but the flow isn't too fast.
- Feeds should take about 15-30 minutes. Tip the bottle down or remove it to slow the pace of feeding.
- Follow baby's cues for when they need a break to bring up wind or have a rest during a feed.
- Your baby will know how much milk they need. Forcing a baby to finish a bottle can be distressing and may mean they are over fed.

Our moms and breastfeeding

From talking to lots of moms recently in Sandwell, we found out that breast feeding is something all moms think about, and know is great for them and for baby.

Here are some of their experiences:

"The first time I breastfed was scary, she was so small, But I'm so glad I did it!"

"I liked having that bond straight away with my baby"

"My baby wouldn't latch straight away. I guess because we both had never done it before, it was going to take time to get it right"

"It was hard at first, because I was so tired after birth. But so worth it"

"a lady from breastfeeding network came and watched me feed, and she helped me know what to do"

How you feed your baby depends on many things and must be your choice. You will be supported however you choose to feed your baby. Speak to your midwife about why breastfeeding is so important for you and your baby and how to get off to a good start..

The benefits of breastfeeding will last you and your baby a life time.

Speak to Breastfeeding network today who can answer any questions you may have, and help you prepare for breastfeeding. Call 07505 775357, or call the national supportline on 0300 100 0210.



There's loads going on across Sandwell. Why don't you drop in to your local children's centre or leisure centre to find out more about local sessions and classes.

Getting fit after giving birth

Sometimes it can be the last thing on your mind, but getting up and about can help make you feel better. Here's how Jo introduced exercise slowly into her day to day, and now she feels great.

Jo's story

After giving birth, I was conscious about how much heavier I was, but to be honest I was so tired and preoccupied with my baby, that exercise was at the bottom of my list of things to do.

I attended a session at Tipton Children's Centre and one of the other moms showed me some of the exercises she was doing, and it was a lot easier to do small bits than I first thought.

Exercise one Walking

Simple as it sounds, walking about really helps your body get back to normal. I started to build a small walk with the pram into my day, which made me feel good, and also gave a bit of routine to work towards.

Exercise two Squats with buggy

Either when I'm in the park or when we get back, I'll do some squats with the buggy. I started doing ten lots a day, and then increased over the first few days to doing 3 lots of ten.

Exercise three Baby lift

Once my little one got a bit bigger, I would do a few lifts with him. I started doing ten straight lifts, and now I do various lifts. I found some great exercise online to give me some tips and advice.

Other things

Swimming – I never was a big swimmer, but have been a few times with my baby, and he loves it. I have gone a few times by myself and have really enjoyed it.

Pelvic floor muscles - I was shocked at how everything down there has been effected since birth, but I've done a few things that have helped get back to normal. Squeezing in, like you are trying to hold in a tampon, and slowly releasing, helps the muscles get strong again.



★ For fun sessions running in Sandwell click onto www.onefitmama.co.uk

Becoming a dad

Becoming a dad is fun and rewarding; you'll have wonderful times marvelling at your baby's fingers and toes, funny faces and recounting to whoever will listen to what your new family is like.

How can you help support your partner:

- Playtime
- Leisure time
- Bath time
- Date night
- Housework
- Make time as a couple
- Stay supportive
- Feeding
- Shopping

How dads can support breastfeeding

The support of dad has been shown to be an important factor in enabling moms to breastfeeding for longer.

- Boost your partner's confidence by encouraging her and being positive about her progress.
- Be involved with your baby in other ways so that the caring is shared
- Encourage your partner to eat and drink regularly
- Get specialist help if there is a difficulty with breastfeeding
- Reduce the household chores your partner has to do to allow more time for feeding
- Accept her decision on when to stop breastfeeding.



Did you know?? A woman is more likely to breastfeed if she knows her partner is positive about it.

Flu vaccine

The flu vaccine is free for anyone who is pregnant. This is because it's really important to fight against flu and infection if you are pregnant, to keep you and your baby protected.

Speak to your GP who will be able to book an appointment for you to have the vaccination.

Whooping cough

There's a lot of whooping cough (pertussis) around at the moment and babies who are too young to start their vaccinations are at greatest risk.

Young babies with whooping cough are often very unwell and most will be admitted to hospital because of their illness. When whooping cough is particularly severe, they can die.

Pregnant women can safely help protect their babies by getting vaccinated - ideally when they are 28-32 weeks pregnant, although they may be given the vaccine up to 38 weeks of pregnancy.

For your baby

When your baby is born, they will be asked to have various injections. These are all free and are needed to help keep us protected against diseases and illnesses.

At 2 months

5-in-1 (DTaP/IPV/Hib) vaccine - this single jab contains vaccines to protect against five separate diseases: diphtheria, tetanus, whooping cough (pertussis), polio and Haemophilus influenzae type b (known as Hib - a bacterial infection that can cause severe pneumonia or meningitis in young children)

Pneumococcal (PCV) vaccine

Rotavirus vaccine

Men B vaccine

At 3 months

5-in-1 (DTaP/IPV/Hib) vaccine, second dose

Men C vaccine

Rotavirus vaccine, second dose

At 4 months

5-in-1 (DTaP/IPV/Hib) vaccine, third dose

Pneumococcal (PCV) vaccine, second dose

Men B vaccine, second dose

At 12-13 months

Hib/Men C booster, given as a single jab containing meningitis C (second dose) and Hib (fourth dose)

Measles, mumps and rubella (MMR) vaccine, given as a single jab

Pneumococcal (PCV) vaccine, third dose

Men B vaccine third dose

2, 3 and 4 years plus school years one and two

Children's flu vaccine (annual)

From 3 years and 4 months (up to starting school)

Measles, mumps and rubella (MMR) vaccine, second dose

Sex after birth

Soon after your baby is born, a midwife or doctor will talk to you about contraception. Make sure you are using a reliable form of contraception before you and your partner have sex again, unless you want to get pregnant. If you are not breastfeeding, your first period might start as early as a month after the birth, or it might be much later.



EVERYDAY
LEGEND



**SWIM = 30 MINS
ACTIVITY OF YOUR
150 MINS PER WEEK**

Everyday legends is about helping
dads to improve family activity levels,
in fun and easy ways.

www.sandwell.gov.uk/healthysandwell



HEALTHY SANDWELL
We find the support you need

Recipe corner

Some yummy ideas to get you feeling great!



Rainbow Salad

This colourful salad is filling and full of good stuff.

WHAT YOU'LL NEED:

- 1 cup of pasta shells
- 1 pack of peppers, that you need to chop up
- 2 spring onions chopped
- 2 tomatoes chopped
- 1/2 cup sweetcorn
- 1 cucumber chopped
- 4 tablespoons mayonnaise
- Cheese or baked chicken (optional).

WHAT TO DO

Cook the pasta shells in boiling water as per the packet instructions. Drain well and cool. Mix all other ingredients in a large salad bowl. Top with mayonnaise and toss well together. Add cheese or chicken chunks and serve.



Fruity muffins

A quick treat to make filled with fruit

WHAT YOU'LL NEED:

- 225g of plain flour
- 2 table spoons of baking powder
- Spoonful of butter
- 2 eggs
- 175ml of milk
- Spoonful of honey
- Chopped up fruit- blueberry/ cranberry/ raising and apricots are all good to include

WHAT TO DO

Crack the egg and put it in a bowl. Mix this together, and then heat up the butter slightly in the microwave, and add this with the egg, adding the honey and the milk now too. Add the flour and baking powder, and add the fruity bits you want to include. Mix well. Put this in a muffin tin, and put it in the oven for 25 minutes at 180C in a fan oven.



Tasty porridge

Easy to cook, and gives you a good start to your day.

WHAT YOU'LL NEED:

- 1 cup of oats
- Hand full of raisins
- Chopped up banana
- Spoonful of honey
- Milk

WHAT TO DO

Put the oats and milk in a bowl, and either microwave or cook on the hob until piping hot. Add the other ingredients and enjoy. You can add some almonds for extra goodness if you like nuts.



Pregnancy wordsearch

N	T	E	S	K	E	U	C	D	Y	D	H	M	V	R
O	O	X	X	M	X	H	Q	C	A	E	T	L	N	Q
E	A	I	V	E	H	Q	N	U	V	E	L	H	U	N
F	F	G	T	T	R	A	O	I	M	F	A	P	E	N
L	F	I	R	A	N	C	T	B	E	T	E	D	R	K
M	C	I	W	G	N	A	I	Q	L	S	H	P	O	K
O	B	B	E	D	M	I	G	S	A	A	B	A	B	Y
M	C	R	H	I	I	Z	C	Z	E	E	N	C	U	G
H	P	A	N	N	R	M	L	C	P	R	E	G	L	D
F	E	E	L	G	O	O	D	O	A	B	W	K	B	I
G	N	I	D	E	E	F	F	Y	E	V	B	G	Y	Q
D	X	V	W	R	H	L	G	K	W	O	O	L	H	V
D	A	V	G	Z	U	J	B	M	T	V	R	I	F	H
A	G	D	A	I	O	B	V	N	K	M	N	Z	B	E
M	C	J	K	K	Y	O	B	Z	Q	M	N	C	D	Q

Take a look at our wordsearch and see if you can find the pregnancy related words listed below.



- BABY
- DAD
- FEELGOOD
- MOM
- VACCINATION
- BIRTH
- EXERCISE
- HEALTH
- NEWBORN
- VITAMIN
- BREASTFEED
- FEEDING
- MIDWIFE
- PREGNANCY



Baby packs for new mums!

Brushstrokes Community project supports the most vulnerable people living in West Birmingham and the Black Country. We place special emphasis on supporting asylum seekers, refugees and newcomers in adapting to a new life here.

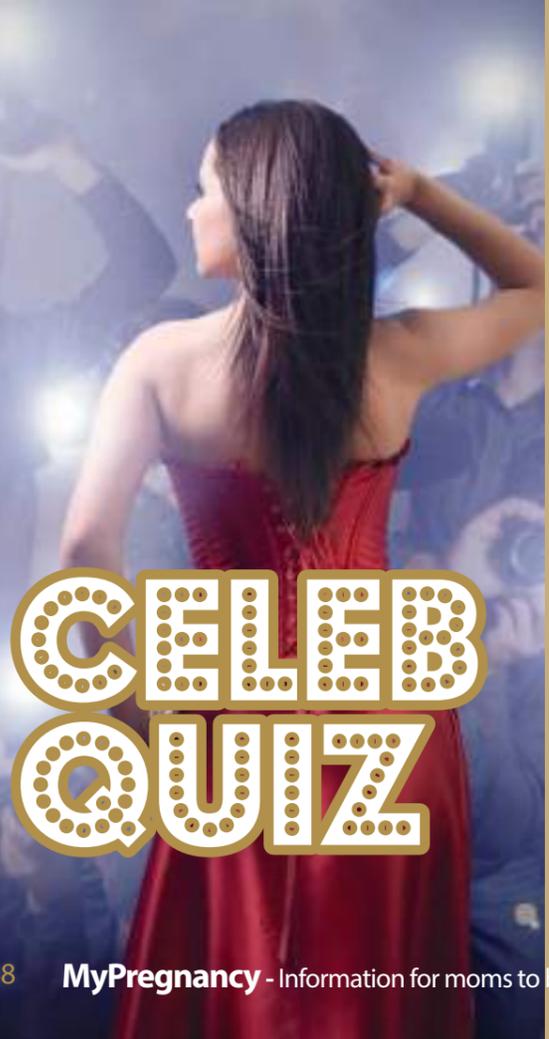
In addition to distributing baby packs for new & expectant mums, we distribute food and other household items. Other services we provide are; Teaching English to Speakers of Other Languages (ESOL), including family learning, advice surgeries: Immigration, Housing, Welfare Rights, Employment, Budgeting, General advice and signposting; Home Visiting and Befriending Service: Health and Wellbeing: Counselling, Exercise classes, Community Café and cooking.

Our baby packs contain some of the essential items for mother & baby & are donated by us to help those in most need. Referrals can be made by health visitors, midwives or indeed can be requested by the expectant or new mum herself.

For more information or to make a referral please contact Resources Co-ordinator, Sally Debiage on 0121 565 2234 or e mail her at sally@brushstrokesandwell.org.uk

Match the baby name with the celebrity

Montague	Colleen Rooney
Johnny	Liv Tyler
Lula	Abbey Crouch
Cass	Katie Price
Bunny	Geri Horner

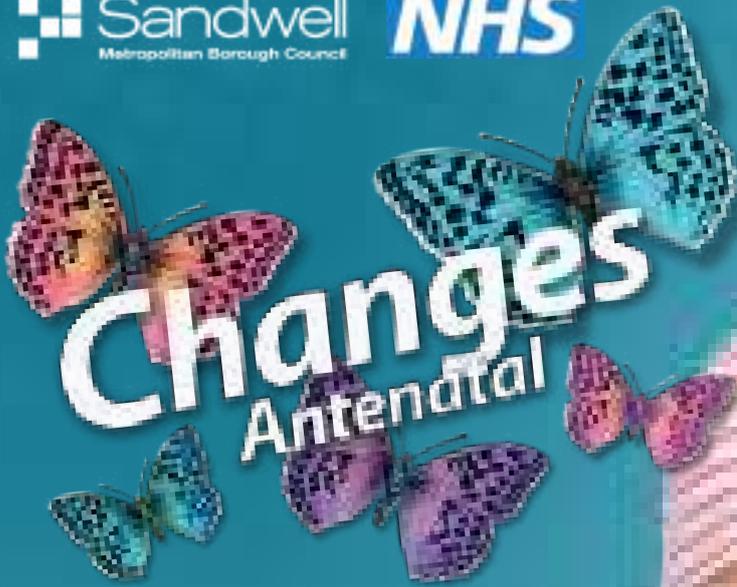


If you have had FGM, please tell your midwife or GP as soon as possible so they can support you throughout your pregnancy

Sandwell stopping female genital mutilation



www.sandwell.gov.uk/fgm
www.sandwell.gov.uk/domesticabuse



Changes

Antenatal

**FREE four-week
antenatal course
for all Sandwell
parents**



Four weekly sessions available from the following venues:

Tipton Children's
Centre, Tipton

Mondays
12.45 - 2.45pm

Gape Hill Children's
Centre, Smethwick

Tuesdays
6 - 8pm

Rowley Springfield
Children's Centre

Wednesdays
6 - 8pm

Greets Green Children's
Centre, West Bromwich

Fridays
10am - 12pm

Courses are being run throughout 2019 - check the website for dates.

**Book
now!**

To book your place:



Online: www.bookwhen.com/changes
Telephone: Healthy Sandwell on 0800 011 46 56
Text: GETHEALTHY to 87007

For more
information
- speak to
your midwife