

GLOSSARY OF USEFUL TERMS

TERM	MEANING
Albumin	A protein that can appear in your urine when you are pregnant. It can be a sign of an infection or pre-eclampsia. Your midwife will test your urine for albumin at your antenatal check-ups.
Amniocentesis	A test in which a thin needle is inserted into the uterus through the abdominal wall to take a sample of the fluid surrounding the baby. The fluid is then tested for certain chromosomal and genetic disorders. An amniocentesis is usually carried out between 15 and 18 weeks into your pregnancy. It may be used later in pregnancy to find out if your baby's lungs are mature.
Amniotic sac	The bag of fluid that surrounds and cushions your baby in the uterus. Before or during labour the sac breaks and the fluid drains out. This is called the 'waters breaking'.
Anaesthetics	Medicines that reduce or take away pain. A general anaesthetic means you will be put to sleep.
Antenatal	This literally means 'before birth' and refers to the whole of pregnancy, from conception to birth.
Baby blues	Feeling sad or mildly depressed a few days after your baby is born. The baby blues are very common – eight out of 10 new mothers feel like this. They can be caused by hormone changes, tiredness or discomfort and usually only last a week. More severe depression or anxiety that lasts longer than a week could be postnatal depression (see page 181).
Balanced diet	A diet that provides a good balance of nutrients.
Bereavement	The loss of a person. Coping with a bereavement can be particularly difficult if you are pregnant or have just had a baby, and even harder if it is your baby who has died.
Birth plan	A written record of what you would like to happen during pregnancy, labour and childbirth.
Breech birth	When a baby is born bottom rather than head first.
Caesarean section	An operation to deliver a baby by cutting through the mother's abdomen and then into her uterus. If you have a caesarean, you will be given an epidural or general anaesthetic.
Catheter	A thin, flexible, hollow plastic tube that can be used to perform various diagnostic and/or therapeutic procedures. Catheters may be used for the injection of fluids or medications into an area of the body or for drainage, such as from a surgical site, or from the bladder.
Cervix	The neck of the uterus. It is normally almost closed, with just a small opening through which blood passes during monthly periods. During labour, your cervix will dilate (open up) to let your baby move from your uterus into your vagina prior to the birth.
Colostrum	The milk that your breasts produce during the end of pregnancy and in the first few days after your baby is born. It is very concentrated and full of antibodies to protect your baby against infections. Colostrum has a rich, creamy appearance and is sometimes quite yellow in colour.
Conception	The start of a pregnancy, when an egg (ovum) is fertilised and then moves down the fallopian tube to the uterus, where it attaches itself to the uterus lining.
Contraception <i>(also known as birth control)</i>	Contraception prevents or reduces your chances of getting pregnant. See page 135 for the different types of contraception that are available.
Cot death <i>(also known as Sudden Infant Death Syndrome)</i>	The sudden and unexpected death of an apparently healthy infant during their sleep. For information on what you can do to avoid cot death, go to pages 129 and 140.

TERM	MEANING
Down's syndrome	A lifelong condition caused by an abnormal number of chromosomes. People with Down's syndrome have some degree of learning disability and an increased risk of some health problems. It also affects their physical growth and facial appearance. For more information about screening or tests for Down's syndrome, see page 55.
Ectopic pregnancy	An ectopic pregnancy occurs when a fertilised egg begins to grow in the fallopian tube, cervix, ovaries or abdomen, not in the lining of the uterus. The fertilised egg cannot develop properly and has to be removed.
Embryo	The term used for the developing baby in the first eight weeks of pregnancy.
Entonox <i>(also known as 'gas and air')</i>	A form of pain relief offered during labour. It is a mixture of oxygen and gas called nitrous oxide, which is breathed in through a mask or mouthpiece.
Epidural	An anaesthetic that numbs the lower half of the body. It can be very helpful for women who are having a long or particularly painful labour, or who are becoming very distressed. A thin catheter is placed between the vertebrae so that medicine can be delivered to the nerves in the spinal cord.
Episiotomy	A surgical incision made in the area between the vagina and anus (perineum). This is done during the last stages of labour and delivery to expand the opening of the vagina to speed up the birth or to prevent tearing during the birth of the baby.
Fallopian tubes	Branch-like tubes that lead from the ovaries to the uterus. Eggs are released from the ovaries into the fallopian tubes each month. Fertilisation takes place in one of the fallopian tubes.
Fertilisation	Fertilisation takes place if a man's sperm joins with a woman's egg and fertilises it in the fallopian tube.
Fetal alcohol syndrome (FAS)	A syndrome that can cause children to have restricted growth, heart defects and facial abnormalities as well as learning and behavioural disorders. It is caused if your baby is exposed to too much alcohol (via the placenta) when they are in the womb. This condition can be prevented by avoiding alcohol completely during pregnancy.
Fetus	The term used for the developing baby from the eighth week of pregnancy onwards.
Folic acid	One of the B group of vitamins, which is found naturally in foods, including green leafy vegetables, fortified breakfast cereals and brown rice. Folic acid is important for pregnancy as it can help prevent birth defects known as neural tube defects. If you are pregnant or trying to get pregnant, you should take a 400 microgram folic acid tablet every day until you are 12 weeks pregnant. You should consult your doctor and ask for a prescription of the higher dose of folic acid if you have any of the conditions listed on page 154.
Fontanelle	A diamond-shaped patch on the front and top of a baby's head where the skull bones have not yet fused together. During birth, the fontanelle allows the bony plates of the skull to flex, so that the baby's head can pass through the birth canal. The bones usually fuse together and close over by a child's second birthday.
Formula milk	Cows' milk that has been processed and treated so that babies can digest it. It comes in powder or liquid form.
Fundus	The top of the womb.
Haemoglobin (Hb)	Haemoglobin is found in red blood cells and carries oxygen from the lungs to all parts of the body. Pregnant women need to produce more haemoglobin because they produce more blood. If you don't produce enough, you can become anaemic, which will make you feel very tired. Your haemoglobin levels are tested during antenatal check-ups.
Home birth	Giving birth at home, with care provided by a midwife. Talk to your community midwife if you want to consider this option.

TERM	MEANING
Induction of labour	A method of artificially or prematurely stimulating labour. Labour can be induced if the pregnancy has gone past 42nd week of pregnancy or if there are health risks to either the baby or the mother if the pregnancy continues.
Jaundice	The development of a yellow colour on a baby's skin and a yellowness in the whites of their eyes. It is caused by an excess of the pigment bilirubin in the blood. Jaundice is common in newborn babies and usually occurs approximately three days after birth. It can last for up to two weeks after birth or up to three weeks in premature babies. Severe jaundice can be treated by phototherapy, where a baby is placed under a very bright light. Babies who are jaundiced for longer than two weeks should be seen by a doctor as they may need urgent treatment. See page 149 for more information.
Lanugo	Very fine, soft hair that covers your baby at approximately 22 weeks. The lanugo disappears before birth, at full term but may still be present on premature babies.
Mastitis	An infection in the breasts associated with blocked milk ducts. Symptoms include hot, tender and hard breasts and flu-like symptoms. See page 109 for how to treat it.
Maternity team care	A team of midwives, obstetricians, anaesthetists, neonatologists and other specialists who provide care to women who have complex pregnancies.
Meconium	The first stools (bowel movements) that your baby passes. Meconium is made up of what a baby has swallowed during their time in the uterus, including mucus and bile. It is sticky like tar green/black in colour and has no odour.
Midwife	The midwife is the main provider of care for most pregnant women. Midwives are highly skilled qualified professionals who care for women during normal pregnancy, childbirth and after the birth.
Midwifery-led care	Care for pregnant women where the midwife is the lead professional. Midwifery-led care is suitable for healthy women who have a low risk, uncomplicated pregnancy.
Morning sickness/nausea	Morning sickness affects more than half of all pregnant women. Symptoms include nausea or feeling sick, as well as actually vomiting. Morning sickness can occur at any time of the day, though it occurs most often in the morning because blood sugar levels are low after a night without food. The symptoms usually start after the first month of the pregnancy, peaking in weeks five to seven, and may continue until weeks 14 to 16.
Neonatal care	The care given to sick or premature babies. It takes place in a neonatal unit, which is specially designed and equipped to care for them.
Nuchal translucency scan	An ultrasound scan to help identify whether you are at risk of having a baby with Down's syndrome. The scan is carried out at 11 to 13 weeks of your pregnancy and measures the amount of the nuchal translucency, which is fluid behind the neck of the baby. Babies at risk of Down's syndrome tend to have a higher amount of fluid around their neck. The scan may also help confirm both the accuracy of the pregnancy dates and whether the baby has any other health problems.
Obstetric cholestasis	A potentially dangerous liver disorder. Symptoms include severe generalised itching without a rash, particularly in the last four months of pregnancy.
Obstetrician	A doctor specialising in the care of women during pregnancy and labour and after the birth.
Oedema	Another word for swelling, most often of the feet and hands. It is usually nothing to worry about, but if you have high blood pressure and it gets worse suddenly it can be a sign of pre-eclampsia.
Ovulation	Ovulation occurs when an egg (ovum) is released from one of a woman's ovaries during her monthly menstrual cycle. If the egg is fertilised during this time, she will get pregnant. This is the time of the month when you are most likely to conceive.
Paediatrician	A doctor specialising in the care of babies and children.
Perinatal	The time shortly before and after the birth of a baby.

TERM	MEANING
Perinatal mental health	Mental health problems that develop during pregnancy and that can last for up to one year after childbirth.
Placenta	The organ attached to the lining of the uterus, which separates your baby's circulation from your circulation. Oxygen and food from your bloodstream are passed to your baby's bloodstream through the placenta and along the umbilical cord. Waste is also removed this way.
Postnatal	The period beginning immediately after the birth of a baby until they are about six weeks old.
Postnatal care	The professional care provided to you and your baby, from the birth until your baby is about six weeks old. It usually involves home visits by midwives, and health visitors to check that both mother and baby are well. Classes may also be available.
Postnatal depression	Feelings of depression and hopelessness after the birth of a baby. These feelings are more severe than the 'baby blues' (see page 178). Postnatal depression affects one in 10 women and can be serious if left untreated. See page 82 for more information.
Pre-eclampsia	A condition that only occurs during pregnancy. Symptoms include high blood pressure, albumen (protein) in urine, bad headaches, vision problems and the sudden swelling of the face, hands and feet. It may develop after the 20th week of pregnancy but can occur earlier. Although most cases are mild and cause no trouble. You should be checked regularly as it can be serious for both mother and baby. For more information, see page 72.
Premature birth	The birth of a baby before the 37th week of pregnancy.
Premature labour	When labour starts before 37 weeks of pregnancy.
Rhesus disease	A woman who is rhesus negative (see below) can carry a baby who is rhesus positive if the baby's father is rhesus positive. This can cause problems in second or later pregnancies. If she gets pregnant with another rhesus positive baby, the immune response will be quicker and much greater. The antibodies produced by the mother can cross the placenta and attach to the D antigen on her baby's red blood cells. This can be harmful to the baby as it may result in a condition called haemolytic disease of the newborn, which can lead to anaemia and jaundice.
Rhesus negative	People with a certain blood type are known as rhesus negative. It means that they do not have a substance known as D antigen on the surface of their red blood cells. This can cause problems in second or later pregnancies (see above).
Rhesus positive	People with a certain blood type are known as rhesus positive. This means that they have a substance known as D antigen on the surface of their red blood cells.
Rubella (German measles)	A virus that can seriously affect unborn babies if the mother gets it during the early weeks of pregnancy. Most women have been immunised against rubella, so they are not at risk. Ask your GP for a blood test if you are planning a pregnancy and think you are not immune to rubella.
Ultrasound/scans (USS)	An imaging technique that uses high-frequency sound waves to create an image of your baby in the uterus. It shows your baby's body and organs as well as the surrounding tissues. Also called sonography, this test is widely used to estimate delivery dates and check that your developing baby is healthy and growing normally.
Umbilical cord	The cord that attaches the baby to the placenta, linking the baby and mother. Blood circulates through the cord, carrying oxygen and food to the baby and carrying waste away again.
Vernix	A sticky white coating that covers a baby when it is in the uterus. It mostly disappears before birth but there may be some left on your baby when they are born, particularly if they are premature.
Vertebrae	Your spine is made up of 33 irregularly shaped bones called vertebrae. Each vertebra has a hole in the middle through which the spinal cord runs.

USEFUL ORGANISATIONS

INFORMATION

Acas (Advisory, Conciliation and Arbitration Service)

23rd floor
Euston Tower
286 Euston Road
London NW1 3JJ
08457 47 47 47 (helpline, Mon–Fri 8am–8pm;
Sat 9am–1pm)
www.acas.org.uk

Improves organisations and working life through better employment relations. Provides up-to-date information and independent advice on a wide range of employment relations issues, including the rights and issues around working parents – such as parental leave and pay and requests for flexible working. Provides high-quality training and works with employers and employees to solve problems and improve performance. An independent, publicly funded organisation; many of its services are free.

Action on Pre-eclampsia (APEC)

105 High Street
Evesham
Worcs WR11 4EB
01386 761848 (Mon–Fri 9am–5pm)
info@apec.org.uk
www.apec.org.uk

Helps to answer any questions about pre-eclampsia. Provides pre-eclampsia leaflets for the general public and ships leaflet orders to any health organisation that asks.

Association for Improvements in the Maternity Services (AIMS)

5 Ann's Court
Grove Road
Surbiton
Surrey KT6 4BE
0300 365 0663 (helpline, Mon–Fri
10.30am–5.30pm)
helpline@aims.org.uk
www.aims.org.uk

Offers information, support and advice to parents about all aspects of maternity care, including parents' rights, the choices available, technological interventions, normal physiological childbirth and the complaints procedures.

Association of Breastfeeding Mothers (ABM)

PO Box 207
Bridgwater
Somerset TA6 7YT
0300 3305453
counselling@abm.me.uk
www.abm.me.uk

Provides information and support for breastfeeding mothers and their families, and training for breastfeeding counsellors and mother (peer) supporters.

Child Growth Foundation

21 Malvern Drive
Sutton Coldfield
B76 1PZ

Children's Law Centre

Rights House
127-131 Ormeau Road
Belfast
BT7 1SH
028 9024 5704
Provides legal advice for parents on child law issues.

Citizens Advice

Myddelton House
115–123 Pentonville Road
London N1 9LZ
020 7833 2181 (administration and
information on local Citizens Advice
Bureaux only; no advice given)
www.citizensadvice.org.uk
Online advice and information services. Get help online or find your local Citizens Advice Bureau.

Cry-sis

0845 122 8669
(helpline, 9am–10pm seven days a week)
info@cry-sis.org.uk
www.cry-sis.org.uk
Offers non-medical, emotional support for families with excessively crying, sleepless and demanding babies.

Diabetes UK

Bridgewood House
Newforge Business Park
Newforge Lane
Belfast BT9 5NW
028 9066 6646
n.ireland@diabetes.org.uk

Disabled Living Foundation

0300 999 0004

Domestic Violence Helpline (24 hour)

0800 917 1414

Epilepsy Action

www.epilepsy.org.uk

Emergency Duty (Social Services)

In Northern Ireland
02890 565477

Equality Commission for Northern Ireland

7–9 Shaftesbury Square
Belfast BT2 7DP
02890 890890 (Mon–Fri 9am–5pm)
Textphone 02890 500589
Information@equalityni.org

Family Action

501–505 Kingsland Road
London E8 4AU
020 7254 6251
www.family-action.org.uk
Tackles some of the most complex and difficult issues facing families today, including domestic abuse, mental health problems, learning disabilities and severe financial hardship. Works with whole families to help them find solutions to problems, no matter how difficult, so that they become safer, stronger and more optimistic about their future.

Family Rights Group

The Print House
18 Ashwin Street
London E8 3DL
0800 801 0366 (helpline, Mon–Fri
10am–3.30pm)
Textphone: dial 18001 then freephone
number
advice@frg.org.uk
www.frg.org.uk

Support for parents and other family members whose children are involved with or need social care services.

Healthy Start

www.healthystart.nhs.uk
Free weekly vouchers for pregnant women or people who have children under the age of 4, to spend on milk, plain fresh and frozen fruit and vegetables and infant formula milk. You can also get free vitamins.

In Northern Ireland:

Business Services Organisation
Pinewood Villa
73 Loughgall Road
Armagh BT61 7PR

Independent Midwives UK

0845 4600 105 (local rate)
information@independentmidwives.org.uk
www.independentmidwives.org.uk
Free advice given to women thinking about a home birth. Members offer woman-centred pregnancy, birth and postnatal midwifery to women who book with them, mostly for home births. Fees vary. See website to find local midwives.

Infertility Network UK

Charter House
43 St Leonards Road
Bexhill-on-Sea
East Sussex TN40 1JA
0800 008 7464
www.infertilitynetworkuk.com
Provides a voice for those with fertility problems. Works to improve awareness and access to treatment.

Institute for Complementary and Natural Medicine (ICNM)

Can-Mezzanine
32–36 Loman Street
London SE1 0EH
020 7922 7980 (Mon–Fri 10am–4pm)
info@icnm.org.uk
www.icnm.org.uk
Can provide the public with lists of members of the British Register of Complementary Practitioners, a professional register of practitioners and therapists who have completed a recognised course and are insured. (Always check with your GP/midwife before using a complementary discipline.)

La Leche League (Great Britain)**0845 120 2918 (helpline)****www.laleche.org.uk**

An international, non-profit, non-sectarian organisation which, for over 50 years, has been dedicated to providing education, information and mother-to-mother support and encouragement to women who want to breastfeed. LLL Leaders are mothers who have themselves breastfed for 12 months or longer and have undertaken extensive training to provide telephone counselling and email support, and to run local group meetings.

*In Northern Ireland:***028 9581 8118****www.facebook.com/lllni****Life.ni****48 University Street****Belfast BT7 1HB****Tel. 028 9043 8339****www.lifeni.org.uk****Muscular Dystrophy Campaign****61A Great Suffolk Street****London****SE1 0BU****020 7803 4800****National Childbirth Trust (NCT)****Alexandra House****Oldham Terrace****London W3 6NH****0300 330 0770 (enquiry line,****Mon–Fri 9am–5pm****0300 330 0772 (pregnancy and****birth line, Mon–Fri 9am–8pm)****0300 330 0771 (breastfeeding line,****8am–10pm seven days a week)****Postnatal line 0300 330 774 (Tue, Wed, Thu****9am–3pm)****enquiries@nct.org.uk****www.nct.org.uk**

Supports 1 million mums and dads every year through helplines, courses and a network of local support. With evidence-based information on pregnancy, birth and early parenthood, it can provide support from when you first discover you are pregnant to when your baby turns 2. Visit the website for information on becoming a parent or to find your nearest NCT group.

National Institute for Health and Care**Excellence (NICE)****10 Spring Gardens****London SW1A 2BU****0300 323 0140****nice@nice.org.uk****www.nice.org.uk****NSPCC (National Society for the Prevention of****Cruelty to Children)****(now incorporating ChildLine)****0800 1111****help@nspcc.org.uk****www.nspcc.org.uk**

ChildLine is a safe place where children and young people can share their worries with a trained counsellor. Children and young people can call confidentially on 0800 1111 to find out more about how to seek help, or visit the website www.childline.org.uk. The NSPCC's helpline provides counselling, information and advice to anyone concerned about a child at risk of abuse. It also offers a bilingual Welsh helpline and an Asian helpline in five Asian languages.

Parenting NI**028 9031 0891****www.parentingni.org**

Parenting NI was established as Parents Advice Centre in 1979, the International Year of the Child. It is now a leading parenting support organisation committed to delivering high quality services. Parenting NI has a regional remit to promote positive parenting by providing support, training and information on family issues and influencing policy, provision and practice at all levels.

Patients Association**0845 608 4455 (helpline, Mon–Fri 10am–4pm)****helpline@patients-association.org.uk****www.patients-association.com**

A wide variety of helpful healthcare information on the website as well as ways for patients to make their views known about services. Sign up as an e-member and take part in patient surveys.

Relate (National Marriage Guidance)**Glengall Exchange****3rd Floor****3 Glengall Street****Belfast BT12 5AB****0870 242 6091****www.relateni.org****Office@relateni.org**

Offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support, face-to-face, by phone and through its website.

Royal College of Obstetricians and Gynaecologists (RCOG)**27 Sussex Place****Regent's Park****London NW1 4RG****020 7772 6200****library@rcog.org.uk****www.rcog.org.uk****Samaritans****0845 790 9090****www.samaritans.org****jo@samaritans.org**

A confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those that may lead to suicide.

Shelter**0808 800 4444****info@shelter.org.uk****www.shelter.org.uk**

Helps more than 170,000 people a year to fight for their rights, get back on their feet, and find and keep a home. Also tackles the root causes of bad housing, by campaigning for new laws, policies and solutions.

ADDICTIVE DRUGS**Narcotics Anonymous****0300 999 1212 (helpline)****ukso@ukna.org****www.ukna.org**

A voluntary organisation. Membership is open to anyone with a drug problem seeking help, regardless of what drug or combination of drugs has been used. It is a completely anonymous, non-religious service, encouraging each member to cultivate an individual understanding, religious or not, of a 'spiritual awakening'. There are no fees for membership. The primary service provided is local weekly self-governing meetings.

ALCOHOL**Alcohol Concern****020 7264 0510****contact@alcoholconcern.org.uk****www.alcoholconcern.org.uk**

Does not operate a helpline nor provide actual services to individuals with alcohol problems; for further help and advice contact Drinkline on 0800 917 8282 (freephone). Use the services directory to find an alcohol advice or counselling service in your area. All information enquiries should be submitted by email. Please give a brief outline of the information enquiry, your telephone number and full address. A member of the team will get back to you within 10 working days.

Alcoholics Anonymous (AA)**7 Donegall Square Place****Belfast BT1 2FN****028 9043 4848****0845 769 7555 (helpline)****www.alcoholics-anonymous.org.uk****gso@alcoholics-anonymous.org.uk**

Has over 4,000 groups throughout the UK, which are designed to help those with a serious alcohol problem. Through mutual support, sufferers assist one another in coping with their problem. There are no fees for membership and anonymity is carefully preserved.

Drinkaware Trust**020 7766 9900****www.drinkaware.co.uk**

Provides consumers with information to make informed decisions about the effects of alcohol on their lives and lifestyles. Its public education programmes, grants, expert information and resources help to create awareness and effect positive change.

Drinkline**0300 123 1110**

Freephone helpline offering free, confidential information and advice on alcohol problems, support and direction to treatment services.

CHILDCARE

Northern Ireland Child Minding Association (NICMA)

16–18 Mill Street
Newtownards BT23 4LU
0871 200 2063
www.nicma.org
info@nicma.org

Charity and membership organisation supporting home-based childcarers in England and Wales. Works in partnership with government and other childcare organisations to ensure that registered childminders, over-7s childminders and nannies have access to services, training, information and support.

COPING ALONE

Gingerbread ni

169 University Street
Belfast BT7 1HE
028 9023 1417
(Free advice line Mon–Fri 9am–5pm)
www.gingerbreadni.org
advice@gingerbreadni.org

Charity for single parent families. It offers a range of support services direct to single parents, including a telephone helpline, publications, training programmes and a membership scheme, and campaigns on single parents' behalf.

Parentline Plus/Family Lives

0808 800 2222 (24-hour helpline)
0800 783 6783 (textphone)
parentsupport@parentlineplus.org.uk
www.parentlineplus.org.uk

Charity providing support to parents. Gives you the support you need, on any issue, when you want it and in a way to suit you.

DOMESTIC ABUSE AND RAPE

Rape Crisis

c/o WRSAC
PO Box 39
Bodmin
Cornwall PL31 1XF
info@rapecrisis.org.uk
www.rapecrisis.org.uk

Supports the work of rape crisis centres nationally and acts as a referral service for women seeking advice and/or support around issues of rape or sexual abuse. Find the nearest Rape Crisis Centre on the website, or email for more information.

Refuge

4th Floor, International House
1 St Katharine's Way
London E1W 1UN
0808 2000 247 (24-hour freephone helpline)
www.refuge.org.uk

The National Domestic Violence Helpline is run in partnership between Refuge and Women's Aid. Provides emergency accommodation and support for women and children experiencing domestic violence.

In Northern Ireland:

02890 331 818

Women's Aid Federation of England

Head Office
PO Box 391
Bristol BS99 7WS
0808 2000 247 (24-hour freephone helpline)
helpline@womensaid.org.uk
www.womensaid.org.uk

The National Domestic Violence Helpline is run in partnership between Women's Aid and Refuge. Provides help, information and support for women and children experiencing domestic violence, or for their friends and families calling on their behalf.

FAMILY PLANNING

Brook

9 - 13 Waring Street
Belfast BT1 2DY
028 9032 8860
www.brook.org.uk

Provides free and confidential sexual health information, contraception, pregnancy testing, advice and counselling, testing and treatment for sexually transmitted infections and outreach and education work.

FPA (Family Planning Association)

50 Featherstone Street
London EC1Y 8QU
0845 122 8690 (helpline)
www.fpa.org.uk

The UK's leading sexual health charity, enabling people in the UK to make informed choices about sex and to enjoy sexual health.

In Northern Ireland:

FPA Northern Ireland
0845 122 8687 (helpline)

Marie Stopes International

14 Great Victoria Street
Belfast BT2 7BA
0845 300 80 90 (24-hour information and appointments)
services@mariestopes.org.uk
www.mariestopes.org.uk

Provides support for women with an unplanned pregnancy and for those seeking abortion services. Nine clinics nationwide, with no wait for an appointment. Counselling services, abortion pill and surgical abortion available. NHS and private.

HEPATITIS

British Liver Trust

2 Southampton Road
Ringwood BH24 1HY
0800 652 7330 (helpline, Mon–Fri 9am–5pm)
info@britishlivertrust.org.uk
www.britishlivertrust.org.uk

National liver disease charity for adults with all forms of liver disease. It is dependent on voluntary donations from individuals, companies, charitable trusts and legacies. It aims to reduce the incidence of liver disease, and to help everyone affected by it, through the provision of information, support and research. Also provides a helpline providing medically equipped telephone support for patients and their carers, encourages and supports local liver support groups for patients and provides funding for research into liver disease..

HIV AND AIDS

Positively Women

347–349 City Road
London EC1V 1LR
020 7713 0222 (helpline, Mon–Fri 10am–1pm and 2pm–4pm)
info@positivelywomen.org.uk
www.positivelywomen.org.uk

Women who are living with HIV answer the helpline, and will ring you back free of charge.

Sexual Health Line

0800 567 123 (24 hours a day, seven days a week)

Free and confidential telephone helpline advice about HIV, AIDS, sexual health, sexually transmitted infections, contraception, local services, clinics and support services.

ILLNESS AND DISABILITY

Action for Sick Children

326 Buxton Road
High Lane
Stockport SK6 8BH
0800 074 4519 (Mon–Fri 9.30am–4.30pm)
enquiries@actionforsickchildren.org.uk
www.actionforsickchildren.org.uk

Promotes equality of healthcare services for children in hospital, at home and in the community. Gives information and support to parents and carers with a problem or query regarding their child's healthcare, from how to register your child with a GP or a dentist to what to expect when they need to go into hospital.

Bliss

Chapter House 18–20 Crucifix Lane
London
SE1 3JW
0808 801 0322 enquiries@bliss.org.uk
www.bliss.org.uk

UK charity dedicated to ensuring that premature and sick babies survive and go on to have the best possible quality of life. Provides practical and emotional support to families during an extremely difficult time, so that they can give the best care to their babies. Its specialist study days and training support doctors and nurses to develop their skills and it funds research to improve the care of all sick and premature babies.

Contact a Family

209–211 City Road
London EC1V 1JN
0808 808 3555 (helpline, Mon–Fri 10am–4pm and Mon 5.30pm–7.30pm)
0808 808 3556 (textphone)
helpline@cafamilly.org.uk
www.cafamilly.org.uk

UK-wide charity providing advice, information and support to parents of all disabled children, no matter what their condition or diagnosis. Brings parents of children with the same condition together through support groups and a one-to-one linking service.

Disabled Living Foundation (DLF)

0845 130 9177 (helpline, Mon–Fri 10am–4pm)
020 7432 8009 (textphone)
advice@dlf.org.uk
www.dlf.org.uk

A national charity that provides free, impartial advice about all types of daily living equipment for disabled adults and children, older people, their carers and families.

Genetic Alliance UK

020 7704 3141 (9am–5pm)
Contactus@geneticalliance.org.uk
www.geneticalliance.org.uk

A national alliance of patient organisations with a membership of over 130 charities which support children, families and individuals affected by genetic disorders.

Group B Strep Support

PO Box 203
Haywards Heath
West Sussex RH16 1GF
01444 416176 (helpline, Mon–Fri
9.30am–3pm)
info@gbss.org.uk
www.gbss.org.uk

A national charity providing information materials to health professionals and individuals on how to prevent most group B Streptococcal infection in newborn babies.

Mind (National Association for Mental Health)

0300 123 3393
www.mind.org.uk
Info@mind.org.uk

Help for people experiencing mental distress. The information line offers confidential help and information.

In Northern Ireland:

Northern Ireland Association for Mental Health
80 University Street
Belfast BT7 1HE
028 9032 8474
www.niamhwellbeing.org
info@niamhwellbeing.org

Newlife Foundation for Disabled Children

Newlife Centre
Hemlock Way
Cannock
Staffordshire WS11 7GF
01543 462 777
info@newlifecharity.co.uk
www.newlifecharity.co.uk

Action to help disabled and terminally ill children in the UK. Provides equipment to help individual children, nurse-led support services, pioneering medical research, awareness and campaigning.

Phab

Summit House
50 Wandle Road
Croydon
Surrey CR0 1DF
020 8667 9443
info@phab.org.uk
www.phab.org.uk

A national charity dedicated to promoting the integration of people with and without physical disabilities, at all levels of society.

YoungMinds

Suite 11
Baden Place
Crosby Row
London SE1 1YW
0808 802 5544 (Free helpline)
ymenquiries@youngminds.org.uk
www.youngminds.org.uk

A national charity committed to improving the mental health of all children and young people under 25 by giving advice, training, campaigning and distributing publications.

LOSS AND BEREAVEMENT**Antenatal Results and Choices (ARC)**

73 Charlotte Street
London W1T 4PN
020 7631 0285 (helpline, Mon–Fri
10am–5.30pm)
info@arc-uk.org
www.arc-uk.org

Non-directive support and information for parents throughout antenatal testing, especially when a serious abnormality has been diagnosed and a choice has to be made about the continuation or ending of the pregnancy. Ongoing support given to parents via publications, a helpline, parent contacts, email groups, parents' meetings and newsletters. Support is offered to health professionals by way of training, conferences and publications.

Child Death Helpline

York House
37 Queen Square
London WC1N 3BH
0800 282 986 (Mon–Fri
10am–1pm; Tue and Wed 1pm–6pm;
every evening 7pm–10pm)
contact@childdeathhelpline.org
www.childdeathhelpline.org.uk

Helpline for anyone affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recently or long ago. Staffed by trained volunteers, all of whom are bereaved parents.

Compassionate Friends

53 North Street
Bristol BS3 1EN
0845 123 2304 (helpline, 10am–4pm
and 7pm–10pm)
helpline@tcf.org.uk
www.tcf.org.uk

An organisation of bereaved parents and their families that offers understanding, support and encouragement to others after the death of a child or children. Also offers support, advice and information to other relatives, friends and professionals who are helping the family.

In Northern Ireland:

02887 788016 (10am–4pm, 7pm–9.30pm)

Cruse Bereavement Care

Unit 01
1 Victoria Mews
Richmond
Surrey TW92GW
0808 808 1677 (young person's helpline)
0844 477 9400 (Day by Day helpline,
Mon–Fri 9.30am–5pm)
helpline@cruse.org.uk
www.cruse.org.uk

A nationwide service providing emotional support, counselling and information to anyone bereaved by death, regardless of age, race or belief. Also provides information on local groups.

In Northern Ireland:

Cruse NI
10 College Green
Belfast BT7 1LN
02890 232695
Crusebelfast@btconnect.com

Lullaby Trust

11 Belgrave Road
London SW1V 1RB
020 7802 3200
0808 802 6868 (helpline, Mon–Fri
9am–11pm; Sat–Sun 6pm–11pm)
www.lullabytrust.org.uk

Charity working to prevent sudden deaths and promote health. It funds research, supports bereaved families and promotes safe baby care advice.

Miscarriage Association

c/o Clayton Hospital
Northgate
Wakefield
West Yorkshire WF1 3JS
01924 200799 (helpline, Mon–Fri 9am–4pm)
info@miscarriageassociation.org.uk
www.miscarriageassociation.org.uk

Information, advice and support for women who have had, or who are having, a miscarriage. Local contacts and groups.

Stillbirth and Neonatal Death Society (Sands)

28 Portland Place
London W1B 1LY
020 7436 5881 (helpline)
support@uk-sands.org
www.uk-sands.org

Supports anyone affected by the death of a baby through a network of support groups run by bereaved parents throughout the UK, a telephone helpline and support literature.

SMOKING**want2stop**

www.want2stop.info
0808 812 8008 (Helpline)

SPECIALISED ORGANISATIONS

Association for Post-Natal Illness (APNI)

145 Dawes Road
Fulham
London SW6 7EB
020 7386 0868 (Mon–Fri 10am–2pm)
0808 800 2222 (Parentline 24-hour helpline)
www.apni.org

Network of telephone and postal volunteers who have experienced postnatal illness, offering information, support and encouragement.

Shine

42 Park Road
Peterborough PE1 2UQ
01733 555988
www.shinecharity.org.uk

Voluntary sector organisation providing information and advice about spina bifida and hydrocephalus in England, Wales and Northern Ireland.

British Thyroid Foundation

2nd Floor, 3 Devonshire Place
Harrogate
North Yorkshire HG1 4AA
01423 709707
01423 709448
www.btf-thyroid.org

Provides support and information to people with thyroid disorders through literature, newsletters and information events.

Child Growth Foundation

2 Mayfield Avenue
Chiswick
London W4 1PW
020 8995 0257
info@childgrowthfoundation.org
www.childgrowthfoundation.org

Creates awareness of child growth disorders.

Cleft Lip and Palate Association (CLAPA)

First Floor, Green Man Tower
332b Goswell Road
London EC1V 7LQ
020 7833 4883
info@clapa.com
www.clapa.com

Offers and provides support to patients, their family and friends, health professionals and anyone affected by a cleft lip and/or a cleft palate.

Climb (Children Living with Inherited Metabolic Diseases)

Climb Building
176 Nantwich Road
Crewe CW2 6BG
0800 652 3181 (helpline, Mon–Fri 10am–4pm)
0845 241 2172 (enquiries)
info.svcs@climb.org.uk
www.climb.org.uk

Supports families and professionals, with information on over 700 metabolic diseases.

Cystic Fibrosis Trust

11 London Road
Bromley
Kent BR1 1BY
0300 373 1000 (9am–5pm)
enquiries@cftrust.org.uk
www.cftrust.org.uk

Information and support for parents of children with cystic fibrosis and for people worried about the possibility of passing on the illness.

Down Syndrome Education International

The Sarah Duffen Centre
Belmont Street
Southsea PO5 1NA
023 9285 5330 (helpline, Mon–Fri 9am–5pm)
Info@dseinternational.org
www.dseinternational.org

Helps people with Down's syndrome to achieve more in all areas of their development, by informing progress through research and education. Delivers information and services to families to help them provide the best care and support for their children with Down's syndrome.

Haemophilia Society

First Floor, Petersham House
57a Hatton Garden
London EC1N 8JG
0800 018 6068 (helpline, Mon–Fri 10am–4pm)
info@haemophilia.org.uk
www.haemophilia.org.uk

Information, advice and practical help for families affected by haemophilia and other bleeding disorders. Some local groups.

Spinal Muscular Atrophy Support UK

40 Cygnet Court
Timothy's Bridge Road
Stratford-upon-Avon
Warwickshire CV379NW
01789 267520
office@smasupportuk.org.uk
www.smasupportuk.org.uk

The only charity in the UK dedicated to both supporting people affected by spinal muscular atrophy and investing in essential research.

Meningitis Now

01453 768000
www.meningitisnow.org
info@meningitisnow.org
Emails to this address are only answered Monday - Friday 9am - 5pm. If your question is urgent, please call our Helpline.
24-hour nurse-staffed Helplines
UK: Freephone 0808 80 10 388
Ireland: Freephone 1800 523 196
International: +44 (0)1453 768002
Children's Helpline (UK only): Freephone 0808 801 0388

In Northern Ireland:

Northern Ireland Office (postal address):
Wellington Park,
Business Centre,
3 Wellington Park,
Malone Road,
Belfast BT9 6DJ
Tel: 0845 120 0663

Formed in 2013 by bringing together Meningitis UK and Meningitis Trust, founders of the meningitis movement in the UK – we exist to save lives and rebuild futures by funding research, raising awareness and providing support.

Meningitis Research Foundation

Midland Way
71 Botanic Avenue
Belfast BT7 1JL
028 9032 1283
Info@meningitis-ni.org
www.meningitis.org

Promotes education and awareness to reduce death and disability from meningitis and septicaemia, and supports people affected by these diseases. Funds research to prevent the diseases, and to improve survival rates and outcomes.

Multiple Births Foundation

Hammersmith House, Level 4
Queen Charlotte's and Chelsea Hospital
Du Cane Road
London W12 0HS
020 3313 3519 (Mon-Fri 9am–4pm)
info@multiplebirths.org.uk
www.multiplebirths.org.uk

Offers specialised support to parents of twins, triplets and higher multiple births, and gives relevant advice and training to the medical, educational and other professional groups which are concerned with them.

Muscular Dystrophy Campaign

info@muscular-dystrophy.org
www.muscular-dystrophy.org
Provides support, advice and information for people with muscle disease and their families and carers.

National Society for Phenylketonuria (NSPKU)

info@nspku.org
www.nspku.org
Help and support for people with phenylketonuria, their families and carers.

Pelvic Partnership

26 Manor Green
Harwell
Oxon OX11 0DQ
01235 820921 (helpline)
support@pelvicpartnership.org.uk
www.pelvicpartnership.org.uk

Provides information and advice about the management of pelvic girdle pain (PGP), formerly known as symphysis pubis dysfunction (SPD), to women, their families and carers, including healthcare professionals. It produces written leaflets which are sent to all callers. The helpline and email support are staffed by volunteers who all have personal experience of PGP. PGP is a very treatable condition if women access care early, and the focus is to support women to do this early in their pregnancy, as well as supporting those with more long-term problems. Aims to raise awareness of PGP and how treatable it is.

Reach (Association for Children with Hand or Arm Deficiency)

Reach Head Office
PO Box 54
Helston
Cornwall TR13 8WD
0845 130 6225 (9am–5pm)
reach@reach.org.uk
www.reach.org.uk

Information and support for parents of children with hand or arm problems. Local groups.

Scope

6 Market Road
London N7 9PW
0808 800 3333 (Mon–Fri 9am–5pm)
Text from mobile – text SCOPE plus your message to 80039 (texts are free to the sender)
response@scope.org.uk
www.scope.org.uk

A national disability organisation whose focus is people with cerebral palsy. Provides information, advice and support services.

Sense (National Deafblind and Rubella Association)

101 Pentonville Road
London N1 9LG
0845 127 0060
0845 127 0062 (textphone)
info@sense.org.uk
www.sense.org.uk

Advice and support for families of deaf, blind and rubella-disabled adults and children. Provides information on local groups.

In Northern Ireland:

The Manor House
51 Mallusk Road
Newtownabbey BT36 4RU
028 9083 3430
Nienquiries@sense.org.uk

Sickle Cell Society

54 Station Road
London NW10 4UA
020 8961 7795
info@sicklecellsociety.org
www.sicklecellsociety.org

Information, advice and counselling for families affected by sickle cell disease or sickle cell trait. Provides financial help when needed and information on local groups.

Tamba (Twins and Multiple Births Association)

2 The Willows
Gardner Road
Guildford
Surrey GU1 4PG
0800 138 0509
enquiries@tamba.org.uk
www.tamba.org.uk

Services include a freephone helpline, Twinline, membership and specialist support groups, including bereavement.

In Northern Ireland:

NI Information and Support
58 Howard Street
Belfast
BT1 6PJ
Tel: 028 9023 9050
Email: nioffice@tamba.org.uk
www.tamba.org.uk

Tommy's

Nicholas House
3 Laurence Pountney Hill
London EC4R 0BB
0800 0147 800 (advice and information)
020 7398 3460 (donation line)
info@tommys.org
www.tommys.org

Provides pregnancy health information for the public and health professionals with the aim of helping all parents to have the best possible pregnancy outcomes. Operates a pregnancy information line staffed by midwives, and publishes books and leaflets on pregnancy and pregnancy complications.

UK Thalassaemia Society

19 The Broadway
Southgate Circus
London N14 6PH
020 8882 0011
office@ukts.org
www.ukts.org

Information and advice for families affected by thalassaemia.

Young Minds Parents' Information Service

Suite 11
Baden Place
Crosby Row
London SE1 1YW
0808 802 5544 (Mon–Fri 10am–4pm;
Wed 6pm–8pm)
020 7089 5050
ymenquiries@youngminds.org.uk
www.youngminds.org.uk

Service for any parent who is worried about their child's mental health.

INDEX

A

abnormalities

tests to detect 6, 7, 47–49, 152
worrying about 77

alcohol 5, 35, 129, 140, 154

and breastfeeding 112

allergies 31, 112, 119

amniocentesis 55, 56

amniotic sac/fluid 25, 27

anaemia 7, 32, 47, 52, 58, 123

anaesthetists 59, 89

animals, infections transmitted by 43

antenatal care 6, 16, 45–61

appointments 46–51

'booking appointments' 6, 16, 47, 49–50

antenatal education (classes) 7, 61–2, 77

antenatal notes, hand-held 57–8, 91

anxiety 75, 76

asthma 15, 36, 37

B

'baby blues' 9, 81–2, 136

baby carriers (slings) 130

backache 63–4, 87

bathing the baby 128, 144

bed sharing 129, 140

benefits and rights 6, 156–75

bereavement 84

birth after 41 weeks 9, 96, 125

birth preferences 8, 19, 77, 91

birth trauma 82

birthing partners 18, 93, 94, 95, 97, 99, 101

birthing pools 19, 18, 21, 91

birthmarks 125

bleeding 72, 74, 78, 95, 122

blood pressure tests 7, 8, 9, 47, 48, 50, 72

postnatal 136

blood spot screening (heel prick test) 124

blood tests 8, 15, 41, 47, 48

types of 51–63

body mass index (BMI) 49

braxton hicks contractions 9, 78, 87

breast pads 103, 109, 131

breastfeeding 18, 85, 102–14

after the birth 95, 103

benefits of 102, 103, 141

food and 110–12, 134

HIV positive mothers 52

jaundice and 149

in neonatal units 148

pain relieving drugs and 89

of twins and triplets 15, 107

while out and about 131

breasts 13, 109–10

babies' 125

changes in during pregnancy 7, 15, 78, 85, 123

breathing of newborn babies 95, 103, 126, 142, 145, 148

breech births 19, 100

C

caesarean sections 15, 54, 59, 72, 73, 98–9, 100, 155

caffeine 34, 111

calcium 32

cap or diaphragm 135

car safety 44, 130–1

car seats 130–1

care to learn scheme 17

catheters 90, 97, 99

cervical smears 53, 136

cervix 11, 12, 74, 87, 91

dilation of 11, 92–3, 94, 98, 100

chickenpox 42

child benefit 83, 138, 157, 175

child tax credit 6, 8, 33, 158, 160

childcare approval scheme 80

childcare arrangements 8, 80

help with costs 158

childminders and nurseries 80

chlamydia 41

chromosomes 13, 54, 55, 56

coeliac disease 32, 33, 154

colic 139

colostrum 66, 103

combined pill 135

conception 12, 18

best time to get pregnant 14

condoms 42, 135

constipation 15, 30, 64, 122

of the baby 119

contraception 113, 122, 134–5, 136

contractions 77, 89–90, 91, 92, 93, 94, 96, 97

braxton hicks 9, 78, 87

cot death, reducing risk of 36, 129, 140–2

cot safety 129

cramp 40, 64

crying 138–9

cystic fibrosis 43, 45, 47, 53, 56, 124

cystitis 43

D

death

of baby see loss of baby

of partner 84

deep vein thrombosis 44, 69

delivery

home births 6, 8, 50, 18, 86, 89, 90

hospital births 8, 9, 50, 18, 18,

85–6, 90–1

midwifery-led unit births 8, 9, 50, 19,

85–6, 90–1

delivery rooms 91

delivery/due date, calculation of

6, 22, 54

dental care 6, 39, 113, 157

depression 76, 82

postnatal 9, 82, 136, 155

development of your baby 6–9, 23–25,

46, 49

diabetes 5, 15, 37, 47, 154, 155

dilation of cervix 11, 92–3, 94, 98, 100

disabilities in baby 77, 149, 172

discrimination and work 156, 169, 171, 172, 174–5

domestic abuse 46, 50, 83

down's syndrome 54, 55–6

dreams 69, 76

drugs, illegal 113, 155

dummies 106, 139, 141

E

ectopic pregnancy 74, 150, 151

eczema 31, 112

education and school

while pregnant 20

eggs 12, 13, 14, 23, 24

embryo development 12, 23–4

employment and support allowance

6, 8, 159, 160, 163, 164

engagement of baby's head 25, 58

epidurals 19, 20, 21, 89–90, 98, 99,

100, 155

epilepsy 15, 32, 38, 154

episiotomy 95, 96, 97

equality bill 107

exercises

postnatal exercises 122, 123, 133

during pregnancy 7, 39–40, 47, 62

expressing and storing milk 108–9, 148

F

faintness 64

fallopian tubes 11, 12, 13, 14, 22, 24

families and friends 16, 17, 19, 21, 76, 78, 79, 80, 83

families information service 80

fathers and/or partners 6, 44, 45, 18,

19, 81, 120

at antenatal classes 57, 61

birthing partners 18, 93, 94, 95, 97,

99, 101

breastfeeding and 104, 132

death of 84

early weeks with baby at home 132,

133, 134

feelings and emotions 16, 77

health of 5, 6, 154

paternity leave 7, 171

presence at birth 18, 77, 78, 88, 101

registering the birth and 138

feeding 7, 9

in neonatal units 148

see also formula feeding; breastfeeding

feelings and emotions 13, 16, 75–7

after the birth 81–2

in early weeks at home with baby 134

in first few days with baby 120–1

loss of baby and 151, 152, 153

fertilisation 12, 13, 14, 22, 24

fertility treatment 14

fetal alcohol syndrome (FAS) 37

fetal heart monitoring 92–3

fetus development 22–5

flexible working arrangements 172–5

flying and travel 44, 74

folic acid 5, 32, 33, 47, 154

fontanelle 124

food

- after the birth 82, 134
- balanced diet 5, 7, 29–30, 27, 110–11, 123, 134, 155
- food that you should not eat 31, 111
- healthy snacks 34, 111, 134
- healthy start vouchers 6
- high in fibre 30, 38, 64, 68, 110, 113, 123
- intolerance 33
- during pregnancy 5, 7, 29–34, 64
- preparation 31
- sperm quality and 154
- while breastfeeding 110–12, 134

forceps delivery 59, 18, 97

formula feeding 18, 115–19, 131, 162

- problems with 119
- while out and about 131

FPA (family planning association) 135

fruit and vegetables 6, 30, 32, 64, 68, 110, 123, 154, 162

G

'gas and air' (entonox) 88

gender/sex of baby 13, 56

general practitioners (GPs) 5, 6, 15, 145

genetic disorders, screening tests for 43, 53, 54, 55–6

german measles (rubella) 41, 52, 126, 136, 155

gingerbread 79

'glass test' and meningitis 145

H

haemophilia 43, 55

hair, changes in 68

headaches 65

health and safety issues 17, 44, 155, 156, 170–1

health visitors 60

healthy start scheme 6, 33, 162

heartbeat of fetus 7, 24, 25, 27

- during labour 92–3

hepatitis B 42, 52, 126, 155

hepatitis C 42, 52, 126, 155

hepatitis E 53

herpes 52, 63

high blood pressure 72, 97

HIV and AIDS 41, 42, 52, 155

home births 6, 8, 50, 18, 19, 86, 89, 90

homeopathy 90

hormones 13, 16, 75

hospital births 8, 9, 50, 18, 21, 85–6, 90–1

housing benefit 83, 159, 161

housing issues 17, 79

hydrotherapy 88

hyperemesis gravidarum 66

hypnosis 90

I

illness in the baby 108, 110, 139, 142

- streptococcal infection 146
- symptoms 145, 146

implantation 12, 23, 24

income support 6, 8, 33, 159, 160, 163

incontinence 65, 123, 136

incubators 148

indigestion and heartburn 65–6

induction 9, 72, 73, 96, 97, 152

infections 41–3

inherited diseases and conditions 5, 6, 43, 45, 47, 51, 53, 55

injections during labour 89

internal examinations 91, 93, 100

iron supplements 7, 32, 59

itching 66, 73

J

jaundice 52, 73, 125, 145, 149

jobseeker's allowance

contribution-based 166

income-based 6, 8, 33, 159, 160, 161, 163

L

labour

after the birth 95–6

the birth 94–5

early starting (premature) 86, 96

fetal heart monitoring 92–3

first stage of 92–3

pain relief in 59, 21, 87–90

preparing for 85–6

recognising active labour 8

second stage of 94–5

signs of 87

speeding up of 93

third stage of 95

languages other than English 45, 46, 137

lanugo 26, 28

loss of baby 150–3

grieving 151, 152, 153

help and support 150

M

massage 90

mastitis 109–10

maternity allowance 7, 158, 162, 163–4

maternity certificate (form MAT B1) 7, 163, 164, 166

maternity facilities, tours of 9

maternity leave 80, 167–9

medicines 5, 38, 113, 140, 155

membrane sweeps 96

meningitis 145

mental health problems 5, 15, 76, 82

midwifery-led unit births 8, 9, 50, 18, 19, 85–6, 90–1

midwives 6, 15, 59, 19, 74, 91

milk and dairy foods 30, 31, 110

milk, free 6, 33, 162

minerals 32–3

miscarriages 150, 151–2

screening tests and 54, 56

MMR immunisation 41, 113, 126

mobile phones 86

monitors, breathing 142

monthly cycle 12, 13, 14, 15, 22

'morning sickness' 6, 7, 15, 36, 66

mortgage interest repayments 161–2

movements of baby in uterus 6, 25, 26–7, 51, 54

multiple births 14–15, 54, 61, 82, 98, 100, 107, 140

death of one baby 153

muscular dystrophy 43, 55, 56

N

nappies 85, 86, 106, 127–8

changing of 128, 142–3

hygiene and 143

nappy rash 128, 143

nausea and sickness 6, 7, 15, 36, 66

neonatal care 147–9

neonatal death 153

newborn babies

appearance of 124–5

early weeks at home 120–1, 127–31, 132, 137–46

health of 124–6, 145–6

immunisations 126

needing additional care 147–9

out and about 130–1

six-week check 136

skills and senses 126

skin-to-skin contact 95, 96, 103, 108, 120, 148

support for mothers 146

talking to 137

newborn blood spot screening (heel prick test) 124

newborn hearing screening programme 124

nipples

changes in during pregnancy 15, 68

leaking from 66, 103

sore or cracked 109, 110

nosebleeds 67

nuchal translucency scans 55, 60

O

obstetric cholestasis 73

obstetric physiotherapists 60

obstetricians 45, 59, 97, 100

oedema 58

oestrogen 13

ovaries 11, 12, 13, 23

overdue pregnancies (after 41 weeks), 9, 96, 125

ovulation 12, 14

P

paediatricians 60, 96, 97, 100

pain relief in labour 59, 21, 87–90

parental leave 169, 172

partners see **fathers and/or partners**

parvovirus B19 (slapped cheek disease) 42

paternity leave 7, 171

peanuts 30, 31, 32, 112

pelvis 11, 25, 58, 65, 92, 155

pelvic floor exercises 40, 47, 67, 122, 123

pelvic joint pain 67

pension credit 8, 159, 160, 161, 163, 175
personal child health record (PCHR) 123
phototherapy 149
piles 36, 68, 123
placenta 23, 37, 54, 95
placenta praevia 72
position of baby in uterus 8, 9, 25, 51, 54, 58
post-mortem examinations 153
postnatal care 121
postnatal check 122, 135, 136
postnatal depression 9, 82, 136, 155
postnatal exercises 60, 122, 123, 133
postnatal post traumatic stress disorder 82
postnatal recovery and healing 120–3, 133–6
prams and carrycots 130
pre-eclampsia 45, 47, 50, 72
pregnancy tests 6, 15
premature births 15, 43, 108, 125
 smoking and 36
presentation of the baby 58
problems in pregnancy 72–4
 minor 58–66
puerperal psychosis 83, 155
pushchairs 130

R

registering the birth 138
relationships 78–80
 after the birth 81, 134
relaxation 60, 78, 88, 92, 93
Remifentanil 89
rhesus negative mothers 8, 48, 51–2, 123
rights and benefits 6, 156–75
rubella (German measles) 41, 52, 126, 136, 155

S

serum screening 55
sex
 after baby's birth 122, 134–5
 during pregnancy 74, 78
sex discrimination laws 156, 167, 168, 169, 171, 172, 174–5
sex organs 10, 11
sexual abuse 46, 50, 83
sexually transmitted infections (STIs) 41–2, 52, 135, 155
shaking 139
sickle cell disorders 43, 45, 47, 56, 124
signs of pregnancy 15
single parents 79, 157, 158, 159, 166
skin, changes in 68
'slapped cheek disease' (parvovirus B19) 42
sleeping 69, 75
 the baby and 104, 129, 140–1
sleeplessness of mother 9
slings (baby carriers) 130
slow-growing babies 73
smoking 5, 35–7, 73, 129, 140, 141, 154
 breastfeeding and 112

social care support 15
social fund 83, 160–1, 175
sonographers 60
sperm 12, 13
spina bifida 23, 47, 54, 154
statutory maternity pay (SMP) 7, 8, 158, 162, 165–6
statutory paternity pay (SPP) 171
stillbirth 150, 153
stitches 95, 96, 122, 136
stools (poo) of baby 106, 143, 149
streptococcal infection 43, 146
stretch marks 69
supervisors of midwives 74
sure start centres 62, 134, 146
sure start maternity grants 8, 158, 159, 160
sweating and feeling hot 64
swollen ankles, feet and fingers 69
syphilis 52

T

tax credits or relief 6, 8, 33, 80, 83, 158, 160
teenage mothers 20, 33, 61
teeth and gums 70
TENS machines 20, 89
thalassaemia disorders 43, 53, 56
thirst of baby 119
thrombosis (blood clots) 44, 74
thrush 51
 in breasts 110
tiredness 6, 7, 8, 9, 15, 44, 70, 75
tongue-tie 110
toxoplasmosis 31, 42, 43
triplets 14–15, 29, 82, 96, 98, 100, 107, 136, 140
twins 14–15, 54, 19, 82, 98, 100, 107, 136, 140

U

ultrasound scans 6, 47, 49, 53–4
 anomaly scan 7, 47, 53, 54, 60
 baby's heartbeat 7, 24, 25
 dating 14, 47, 53, 55, 60
 nuchal translucency scans 55, 60
umbilical cord 24, 25, 74, 95, 124
Universal Credit 157, 163
urination 15, 77, 90, 122
urine tests 7, 8, 9, 47, 48, 50, 72
 postnatal 136
uterus (womb) 11, 12, 13, 24
 baby movements in 6, 25, 51, 54
 measurement of 7, 8, 9, 48
 position of the baby in 8, 9, 25, 51, 54, 58

V

vacuum-extractor delivery 59, 70, 97
vagina 11, 12, 13
vaginal bleeding 74
vaginal discharge 15, 71, 136
varicose veins 71
vasa praevia 74
vegetarians and vegans 33

vernix 24, 95, 125
vitamins 31, 32–4
 for the baby 115, 124
 vitamin D 6, 32, 33, 47, 111
 vitamin K 9, 96, 124

W

washing the baby 128, 144
water births 18, 20, 21, 91
waters breaking 25, 87, 90, 93
weight 5, 6, 49, 136, 155
 gain during pregnancy 30, 31, 49, 69
work
 dismissal due to pregnancy 167, 171
 flexible working arrangements 172–5
 hazards 44, 47, 155
 health and safety issues 44, 155, 156, 170–1
 maternity leave 80, 167–9
 parental leave 169, 172
 pregnancy and 44, 50, 155
 resigning from 166, 170
 returning to 80, 166, 169
 rights at 6, 155, 156, 167–9, 170–1, 172–3
 sex discrimination laws 156, 168, 171, 172, 174–5
working tax credit 8, 33, 158, 160
worrying about birth 77

X

x-rays 39

Y

young mothers 17, 33, 61

USEFUL NUMBERS

Obstetrician:

GP:

Midwife:

Partner:

Birth partner:

Hospital:

Labour ward:

Antenatal clinic:

Hospital reference number:

Health visitor:

Local taxi:

Social worker:

© Crown copyright 2018
Reproduced by the Public Health Agency with permission from the Department of Health



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on:

