



Looking after mum and baby

Patient information Leaflet

January 2019

It's always a good idea to eat healthily and look after yourself. Now you're pregnant, it's important that you do. To help your baby to fully develop, your growing baby needs nutrients every single day. Choosing healthier foods and looking after yourself during this time will be good for you both. This leaflet will help you understand the things you can do to help you & your baby & lists available services that can support you.

Healthy Start Vouchers

You may be eligible for the Healthy Start scheme, which provides vouchers to pregnant women and families who qualify. The vouchers can be used to buy milk and fresh and frozen vegetables at local shops or exchanged for free vitamins locally. For more information, speak to your Health Visitor/Midwife or visit www.healthystart.nhs.uk

Super Supplements

Folic acid can reduce the risks of birth defects such as spina bifida. It is recommended to take 400 micrograms of folic acid each day, from before pregnancy up to 12 weeks,

Vitamin D may help boost both yours and your baby's bone and muscle health. 10 micrograms of vitamin D daily throughout pregnancy and breastfeeding is recommended.

What you drink your baby drinks too

Your baby's liver isn't fully developed until towards the end of pregnancy so even a little bit of alcohol can affect their development. Current guidance recommendations to not drink any alcohol during pregnancy to protect your unborn baby.

Baby on the way quit today

Giving up smoking is one of the best things you can do for your baby. To help reduce the risk of stillbirth, premature birth & sudden infant death syndrome. It can also lower the risk of ADHD and meningitis in children.

It can be difficult to stop smoking, but it's never too late to quit and help is available. Be Well Tameside offer a FREE Stop Smoking service, Tel 0161 716 2000

Foods to Avoid

There are some foods you should avoid eating during pregnancy because they could cause food poisoning, the possible presence of bacteria, chemicals or parasites in these foods could harm your unborn baby.

Avoid raw or partially cooked eggs, some fish and certain meats. Wash fruit, vegetables and salads to remove all traces of soil. For more information visit NHS Livewell page.

Eating for two?

It's a myth that you need to 'eat for two' as energy needs do not change in the first six months of pregnancy. Only in the last three months do your energy needs increase by 200 calories per day e.g. 1 banana and fat free yoghurt or 2 slices of whole-grain toast.

Baby pounds

In the UK there are no formal guidelines to what is an appropriate weight gain during pregnancy. The NHS says most women gain between 22lb to 26lb during their pregnancy. Much of the extra weight is your baby growing, but your body will also be storing fat, ready to make breast milk after your baby is born.

Is gaining too much weight a problem?

Being overweight at the start of your pregnancy or putting on too much weight can affect your health. It can increase your blood pressure and increase your chance of other complications such as gestational diabetes and pre-eclampsia which can cause risks for you and your baby. Women with a body mass index (BMI) over 30 may be offered further screening to identify such risks.

Strict or crash dieting during pregnancy is not recommended, improving your diet so you have a fit healthy baby and preventing excess weight gain is recommended. If you're concerned about your weight or any aspect of your health while pregnant, ask your midwife or GP for advice

What can I eat?

The Eatwell Guide shows the quantities of foods we all should eat for a healthily balanced diet. Top tips include base meals on starchy foods (potatoes, bread, rice, pasta), choosing wholegrain where possible. Eat foods rich in fibre; this will help with digestion and constipation.

Eat at least five portions of fruit and vegetables per day. They'll provide you & your baby with lots of vitamins, minerals & fibre. Eat as little as possible of fried foods, and drinks and confectionery high in sugars and fats. These foods will play havoc with your energy levels. Try to eat breakfast and 3 meals a day where possible.



This bump is made for walking

Being active when pregnant will prepare your body for labour. Keep up your normal daily activity or exercise (unless you've been advised by your midwife or GP not to exercise) be as active as possible but ensure you stay comfortably hydrated.

Where possible try to get at least 30 minutes of moderate intensity activity each day. This can include activities such as swimming or walking. Something that gets you warm & breathing deeper but not breathless or sweating.

Keep up a normal, daily routine. If you have not exercised routinely up to now, you should begin with no more than three 15-minute sessions a week, increasing gradually to daily 30-minute sessions. Don't start any new strenuous activity during pregnancy.

Time to make changes?

Try not to make lots of changes at once. Focus on 1-2 things you can change easily, making further additional changes over time.

Help available

Be Well Tameside is a FREE service. Health & Wellbeing Advisors are located throughout Tameside to help support and motivate you to make lifestyle changes before, during or after your pregnancy. Ask your GP or Midwife to refer you or self-refer. Tel. 0161 7162000 email: bewelltameside@nhs.net, facebook: Be Well Tameside

Choose to Change runs a specialised weight management programme for pregnant women with a BMI of 30+. This FREE service is aimed at helping you choose healthy lifestyle choices throughout your pregnancy and beyond. Topics include: The removal of the myth of eating for two during pregnancy, a discussion of nutritional needs pre and post birth and tips for eating healthily on a budget. Speak to your Midwife or GP about a referral. Website: <http://www.choose-to-change.co.uk/maternity-services>. Alternatively Call: 01204 570 999 or Text: 'BABY' and 'Your Name' to 66777.

Further Information

This information leaflet has been produced using information from NHS Choices. The below websites will provide you with more information and guidance

Start 4Life website: <https://www.nhs.uk/start4life/mums>

NHS Breastfeeding: www.breastfeeding.nhs.uk

NHS Choices <http://www.nhs.uk/chq/Pages/917.aspx?CategoryID=54>

NHS Live Well: <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

NHS Live Well: <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/foods-to-avoid-pregnant.aspx>

NHS Live Well: <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/pregnancy-exercise.aspx>

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی بھئی اہی تھہ پڑتے ہا بھتے نا پائےن، تہہلے انورہ کئے ا تھنک ہلپ ڈیمےر سائے ڈیسفونے یوگا یوگا وکٹن 0161 331 5149/5150 اہی نائہارے، تھن تارا آپنیکے سائہا کراتے پارہے۔

آپو آہا آہ اٹھیتی پانہی ڈ سائہا سائہی تھئی تہی ڈھیا ڈھئی، اہتھیڈ ڈھتھ ڈھتھی
0161 331 5149/5150 تانہر پھر سائہی ڈھتھی تہتھو آہتھو ڈھتھ ڈھتھو۔

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آٹھنک ہیلپ لائن کے ساتھ ٹیلی فون نمبر
0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

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