

Preparation for Birth Information

Antenatal Classes - Session 1 “Preparing for birth”

This booklet is to help prepare for the birth of your new baby.

Please read this information alongside The NHS Pregnancy and Baby Guide, which can be found [here](#).

There is also a lot of extra information available via the GWH maternity unit website – click [here](#) to follow the link.



Bonding with your baby

Tommy's "Movements Matter" video: www.tommys.org/movementsmatter

Please call us if you are concerned about your baby's movements.

Remember:

- Baby's movements DO NOT slow down in the 3rd trimester due to lack of space
- Just "a few kicks" MAY NOT be fine
- You can get help tomorrow – but tomorrow may be too late
- You will NOT be bothering the hospital
- You CAN be checked at the weekend or outside the working hours of 9am-5pm
- Please do not use your own home doppler for reassurance – see the midwife and she will use hers.

Tommy's "Side sleeping" video: <https://www.tommys.org/pregnancy-information/sleep-side-pregnancy-campaign>

Where to give birth

At home: talk to your midwife at your next antenatal check

In the White Horse Birth Centre: <https://www.gwh.nhs.uk/wards-and-services/a-to-z/maternity-services/where-should-i-have-my-baby/white-horse-birth-centre/>

In the Delivery Suite: <https://www.gwh.nhs.uk/wards-and-services/a-to-z/maternity-services/where-should-i-have-my-baby/delivery-suite-at-the-great-western-hospital/>

Packing your Bags

This list is not exhaustive but may give you some ideas about what you need to pack. Most normal births stay with us for anything between 6 hours and 1 night after birth, so don't over pack! If your stay is longer, visitors can bring things in for you.

Don't forget your orange notes!

Mum's Bag



Face cloth
Soft cup bra
Pack large maternity pads + big knickers!
Nightwear/comfy clothes, dressing gown + footwear
Nursing bra(s)/breast pads
Phone/Camera + charger
Energy sweets/light snacks for mum and partner
Water bottle/Sports energy drinks (not caffeinated)
Music
Lip chapstick
Toiletries (please note: perfume not recommended)
LED candle(s)/small string of battery operated fairy lights
Change of clothes for partner

Baby's bag

Small plastic tub (for nappy-changing water)

Cotton wool (small pack of balls or roll)

First size nappies (one pack)

A few vests and babygrows

- 3 x 0-3months
- 3x newborn size

A hat

Blanket and warm outer layer for going home in.

Don't forget the car seat! Try it out in your car before you need it, so you know how it fits



How do I know if I am in Labour??

The estimated date of delivery is only a rough guide. Only 4% of babies arrive on their due date. Your baby could arrive 3 weeks before or two weeks after this and still be 'normal'.

If you think you are in labour before 37 weeks please phone to speak to a midwife immediately.

Labour can start at any time of the day or night so plan ahead. Think about...

- Arrangements for any other children and pets
- How you are going to get to the hospital
- Having your bags packed and ready from 37 weeks
- Making a list of useful telephone numbers

Labour usually starts slowly and gently, building up over time. You might have a "show". This is when the mucus plug inside the cervix comes away. You may notice it when you wipe after going to the toilet. It may be slightly blood-streaked. This does not mean you are in labour, but you could go into labour in the next few days.

Contractions are intense tightenings of your womb/uterus. When contractions become regular and closer together contact the delivery suite or birth centre for advice.

Waters "breaking": the bag of waters around your baby can break at any time before labour begins, during labour or only as the baby is physically coming out. They can go with a gush or a trickle and you may not be sure if they have really gone or not! This is quite common, and if you are in any doubt **always** call for advice.

Always phone first before coming into hospital:

Delivery Suite - 01793 604575

White Horse Birth Centre - 01793 604042