

Every Baby Matters



Look inside for lots of useful information and advice about looking after you and your baby's health.

Your midwife, health visitor, family nurse or GP can support and advise you on any of these issues - just show them the booklet and ask!

Before you get pregnant, try to be as healthy as possible

Key messages/advice to share and pass on

Healthy diet

- A healthy diet is an important part of a healthy lifestyle but is especially vital if you're planning a pregnancy. It will also help your baby to develop and grow, and will keep you fit and well
- Before you get pregnant you can use the BMI healthy weight calculator www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx to work out if you are overweight. The best way to protect your health and your baby's wellbeing is to lose weight before you become pregnant. By reaching a healthy weight, you increase your chances of conceiving naturally and reduce your risk of the problems associated with being overweight in pregnancy
- Call **01422 230230** to find out about local free services to help you lose weight, speak to your GP for advice or visit the NHS Choices website at www.nhs.uk/livewell/weight-loss-guide/pages/weight-loss-guide.aspx



Folic acid

- Folic acid is important for pregnancy as it can help prevent birth defects such as Spina Bifida. You should take a folic acid tablet every day while you're trying to get pregnant and until you're 12 weeks pregnant
- You should also eat foods that contain the natural form of folic acid such as green leafy vegetables and brown rice

Higher dose of folic acid

- Some women who have a higher risk of a pregnancy affected by a birth defect should take a higher dose of folic acid each day until they are 12 weeks pregnant. Women may have a higher risk if they or their partner or someone in their family have a birth defect, a previous pregnancy affected by a birth defect, or they have diabetes
- Women taking anti-epileptic medication should speak to their GP as they may also need to take a higher dose of folic acid
- If any of the above applies to you, talk to your GP or midwife as they may also suggest extra screening tests during pregnancy

Alcohol

- Avoid alcohol if you are planning to become pregnant
- Partners can help by cutting down or stopping drinking alcohol

Immunisations and tests

- Make sure you have had your 3-in-1 measles, mumps and rubella (MMR) vaccination

Your own health is important if you are thinking about having a baby

Meeting up with your midwife as early as possible is important

Key messages/advice to share and pass on

Pregnancy

- Book early, and directly, with a midwife and keep your antenatal appointments
- Calderdale midwives are based in localities (Brighouse, Hebden Bridge, Central & North Halifax)
- If you are unsure who your local midwives are you can contact **07717 517563** to find out
- If you are under 18 and pregnant ask your midwife about the Family Nurse Partnership

Screening

- Antenatal screening helps you manage your pregnancy better and lets you know how your baby is progressing. Your midwife will explain what is available

Protection against infection

- Protect yourself against 'flu. The 'flu jab is safe in pregnancy and can protect you and your baby. Talk to your GP, midwife or health visitor for more information
- Pregnant women can have the whooping cough vaccine from 28 weeks pregnancy, this will help protect your newborn baby against the disease
- During pregnancy, avoid unpasteurised milk, soft cheeses, pate and pre-packed salads



Be active

- Exercising during pregnancy makes you feel good and can boost your self-esteem. To see what classes are available, check www.calderdale.gov.uk/leisure/sport-fitness

Connect

- Mental health and wellbeing is important too
- Don't let pregnancy or a baby stop you meeting with people - family, friends, colleagues and neighbours
- If you're worried about your mental wellbeing, there are plenty of ways to get help. Talk with your GP, midwife, health visitor or staff in your local children's centre

Want more advice?

Contact your midwife:

Brighouse: 01484 728934

Hebden Bridge: 07909 658033

Central Halifax: 01422 360336

North Halifax: 01422 251095

Breast milk is the best milk

Key messages/advice to share and pass on

How you choose to feed your baby is a really important decision

- Breast milk is the best nutrition for your baby and helps them to grow at the right rate and to fight infections
- Breastfeeding helps you to bond with your baby and your baby to feel safe with you



Every day of mum's milk makes a difference to your baby's health

To get breastfeeding off to the best start, these things will help:

- Hold your baby in skin-to-skin contact as soon as possible after they are born, for as long as you both feel comfortable
- Offer your baby lots of opportunities to feed in the early days, especially if he/she is sleepy. Babies have very small stomachs when they are born; they can only hold just over a teaspoon full
- Keeping your baby close will help you recognise early feeding cues
- Ask your midwife to show you how to position your baby at your breast for easier feeding

- Get help from someone who can show you how to recognise that your baby is feeding effectively
- Avoid teats, bottles and dummies while you and your baby are learning to breastfeed. Introducing these might confuse your baby and make him/her less likely to breastfeed
- Remember - breastfed babies need vitamin D so use the Healthy Start drops
- We now know that any amount of breast milk is helpful to baby and mum. Mums who are thinking about giving up breastfeeding should try to continue to offer some of their own milk alongside infant formula milk for as long as they feel they can
- Mums often have other overriding issues and may give up breastfeeding. If you regret this decision, it may be an option to re-start breastfeeding. This is possible up until your baby is 6 weeks old. Please ask your midwife or health visitor

Getting help

- If breastfeeding becomes a problem, or you experience sore, cracked or bleeding nipples - seek help from midwives, health visitors, family nurse, your Children's Centre or Halifax/Huddersfield Baby Café
- Calderdale Birth Centre can contact an Infant Feeding Advisor or signpost you to Halifax Baby Café Tel: **01422 224417**

Want more information and advice?

For more support and advice on breastfeeding in Calderdale you can call the Calderdale Breastfeeding Support Network group on **07920 466660** or visit: www.onlynatural.org.uk

Eating well for you and your baby

Key messages/advice to share and pass on

Planning for a baby?

- Take folic acid, eat healthily, be a healthy weight before you get pregnant and it's best not to drink alcohol at all

Manage your weight

- Try to manage your weight before, during and after pregnancies - obesity is a risk for mum and baby. Contact the Better Living Team on **01422 230230** any help with weight issues

Eat healthily

- Eat healthily in pregnancy and follow food safety advice. No need to 'eat for two' and avoid 'faddy' diets. For advice on healthy eating call the Better Living Team on: **01422 230230**

Healthy Start vitamins

- With Healthy Start, you get free vouchers every week to spend on milk, fresh and frozen fruit and vegetables and infant formula milk. You can also get free vitamins
- Healthy Start vitamins contain vitamin D and folic acid. Take them for your baby's health during pregnancy and breastfeeding
- Remember - breastfed babies need vitamin D Healthy Start drops from 4 weeks old if mum has not had any vitamin supplements when pregnant or breastfeeding

Follow food safety advice

- Prepare food and milk for your baby safely: ask your midwife or health visitor for advice



Start weaning at about six months

- Babies are not ready to start solid food until about six months of age. Ask your health visitor for advice on how to start
- If you are unsure who your local Health Visitors are you can contact **01422 307336** to find out.

Online information

- Reliable information on healthy eating, food safety and eating in pregnancy can be found on: www.nhs.uk/conditions/pregnancy-and-baby/pages/vitamins-minerals-supplements-pregnant.aspx

Want more information and advice about Healthy Start?

Check with your midwife, health visitor, family nurse, or visit: www.healthystart.nhs.uk or call: **0845 607 6823**

Protect you and your baby from the harm of smoking

Key messages/advice to share and pass on

- Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life
- Every cigarette you smoke contains over 4,000 chemicals so smoking when you're pregnant harms your unborn baby
- Cigarettes can restrict the essential oxygen supply to your baby, so their heart has to beat harder every time you smoke
- Carbon Monoxide (CO) monitoring is carried out on all women during pregnancy. CO can be picked up through second hand smoke and is greatly increased if you smoke yourself. Unborn babies are at risk if CO levels are raised, as this can affect the growth and well being of your baby
- Please ask your midwife about this.



Benefits of stopping smoking in pregnancy

- Stopping smoking will benefit both you and your baby immediately and include:
 - less morning sickness
 - fewer complications in pregnancy
 - being less likely to be born early or underweight

- reducing the risk of stillbirth
- reducing the risk of cot death

- Stopping smoking will also benefit your baby later in life (children will be less likely to suffer from asthma and other more serious illnesses, like bronchitis and pneumonia)

Second-hand or passive smoke harms your baby

- Other people's smoke in the home and cars can affect you and the baby both before and after birth. You may also find it more difficult to stop if someone around you smokes
- Second-hand smoke can also reduce birth weight and increase the risk of cot death

Getting help with stopping smoking

- The free Smokefree Pregnancy Support DVD shows all the free NHS support available to help you stop smoking for good. To order, call the NHS Pregnancy Smoking Helpline on **0300 123 1044**
- You can also order a copy through the Smokefree website www.nhs.uk/smokefree where you will also find useful information on the dangers of smoking during pregnancy and advice on how to stop
- A local service also provides specialist pregnancy support and can be contacted on **0800 612 0011**, visit yorkshiresmokefree.nhs.uk/ for more information or talk to your GP, practice nurse, midwife, health visitor or pharmacist

For help to stop smoking call
0800 612 0011
or visit
yorkshiresmokefree.nhs.uk/
It's never too late to stop!

Avoid substances that can harm you and your baby

Key messages/advice to share and pass on

Alcohol

- Drinking when pregnant can damage an unborn baby
- When you drink, alcohol passes from your blood through the placenta and to your baby
- It's best not to drink at all during pregnancy or when you are trying to get pregnant
- The more you drink the more damage you could do to your unborn baby

Medicines

- Some medicines, including common painkillers, and some 'natural' remedies can harm your baby's health. You should always check with your doctor, midwife or pharmacist before taking any medicine 'natural' remedies

Non-prescribed drugs

- Illegal drugs, such as cannabis, ecstasy, cocaine and heroin can harm your baby. If you use any of these drugs it's important to talk to your maternity team straight away so they can give you advice and support to help you stop. They can also refer you for additional support

Young people

- Young people up to age 21 years old can get help from Lifeline/Branching Out, a confidential alcohol, drug and tobacco service for young people in Calderdale. Lifeline/Branching Out can be contacted on **01422 510000**

Household cleaners/chemicals

- Keep cleaning products high up out of reach. If this isn't possible, fit safety catches to low cupboard doors. Choose cleaning products that contain a bittering agent as this makes them taste nasty, so children are less likely to swallow them
- Make sure bottle tops and lids are always firmly closed when not in use



Batteries

- If swallowed, small, silver button batteries can cause serious harm and death. Even batteries that appear to be 'flat' can be harmful
- Swallowing small button batteries can happen in all age groups, although most cases involve children under the age of six who mistake the battery for a sweet

Want more information and advice?

If you are worried about your drinking, talk with your midwife or contact Calderdale in Recovery on **01422 415550** for confidential advice and support

Be genetics aware

Want more information and advice? Talk to your GP

Key messages/advice to share and pass on

Who is affected?

- Families from all communities can be affected by genetic disorders
- We know more about genes today than we used to, so it's right that we have access to information and services if we need them
- There are many health problems associated with genes, but in infant health there is particular concern with problems caused by recessive genes. Common examples of these types of conditions include sickle cell disease, thalassaemia (both inherited blood disorders), cystic fibrosis and some neurological and metabolic diseases
- Talk to your GP if you think that a child in your own or your wider family may have been affected by an inherited disorder. Your GP can help you to assess the risks and, if necessary, refer you to a genetic counsellor



Recessive disorders

- For conditions caused by recessive genes, the risk is higher in families with a marriage to a close relative, e.g. a cousin, as it's more likely they both carry the same gene
- It's important to note that most children born to cousins are healthy and unaffected but babies born to parents who have the same recessive gene are at a higher risk of being born with an inherited health problem
- Talk to your GP if you think that a child in your own or your wider family may have been affected by an inherited disorder

Informed choice

- Your GP can help you to assess the risks and if necessary help you access a genetic counsellor
- A genetic counsellor will be able to give a more rounded picture about your risk of genetic problems and what your choices are around this
- Genetics affect us all, the more we understand the issues and the risks, the more we will be able to make informed choices

Online information

Useful websites for more information include:

www.nhs.uk/conditions/genetics

www.geneticalliance.org.uk

www.cafamily.org.uk

Help with housing and finance

Key messages/advice to share and pass on

Living in a warm and safe home helps a child's development

Improve your home

- Help with general home maintenance and repair is available from the Council's Home Improvement Service
- If you are living in private rented accommodation and have concerns about the standard of your home call the Council's Environmental Health Team
- Contact the Housing Energy Action Team for information on how to keep your home warmer and cheaper to heat - free or discounted schemes are available
- If you are homeless or at risk of losing your home, contact the Housing Options team
- Contact Calderdale Council for details of the above services on: **01422 288001** or see: www.calderdale.gov.uk/housing

Faulty gas appliances can cause poisonous gas

- You may be entitled to a free annual gas safety check. Contact your energy company or HomeHeat on **0800 336699**

Access to affordable finance

- Avoid loans with excessive interest by joining a credit union
- The Calderdale Credit Union on Commercial Street in Halifax can be contacted on: **01422 386060** or **01706 818975** or email: enquiries@calderdalecreditunion.co.uk

Money problems? Get help and advice

- If you've got debt problems or other money worries, you can get free advice about money problems from the Citizens' Advice Bureau. Call **01422 842848** or look on www.calderdalecab.org.uk for your closest centre
- If you're on a low income and getting certain benefits or tax credits, you could get a Sure Start Maternity Grant to help towards the cost of maternity and baby items. Ask your midwife or Family Support Worker at your local Children's Centre for advice



Further debt and benefit information

Free debt advice from National Debtline on: **0808 808 4000**

Find out more about benefits from the government's Benefit Enquiry Line on: **0800 882 200**
www.cafamily.org.uk

Keep your baby safe

Key messages/advice to share and pass on

Protect against infection

- Make sure your baby receives their vaccinations on time
- Breastfeeding protects your baby from infections and diseases. The longer you breastfeed, the longer the protection lasts and the greater the benefits



Feed safely

- Stay with your baby while they are eating in case they choke
- Babies and young children are especially vulnerable to the bacteria that can cause food poisoning. Wash your hands well before preparing food

Safe sleeping

- Prevent cot death by putting babies on their back to sleep
- Don't let your baby get too hot. Avoid too much bedding, keep their head uncovered and their sleeping room no more than 18°C
- The safest place for your baby to sleep is in a cot, in a room with you, for the first six months

- Do not share a bed with your baby, particularly if you have been drinking alcohol or taking drugs
- Never sleep with your baby on any furniture or surface used for the purpose of sleeping

Safe homes and travel

- Don't leave your baby unattended in the bath, or on a bed, sofa or changing table, or with an animal
- Drowning accidents with bath seats can occur because parents think they are safety measures rather than bath aids that need constant adult supervision. A child can tip over and become trapped when bath seat suction caps move due to the child's movement, the use of bath oils or incorrect levels of bath water
- Use a car seat and safety equipment in the home. Your Family Link Worker at your local Children's Centre can help arrange a free home safety check and provide safety equipment at reduced cost
- Home Fire Safety checks and smoke alarms are available from the Fire & Rescue Service. Call **0800 587 4536** to check whether you qualify

Remember...

- If it all gets too much and you feel like shaking your baby, get help immediately. Talk to a friend, your health visitor, family nurse or GP
- Contact your midwife or health visitor for advice on coping with crying babies

Want to know more about preventing cot death?

Visit www.lullabytrust.org.uk

Children's Centres for families with young children

Key messages/advice to share and pass on

- Calderdale Children's Centres and many community centres can help you with all the information included in this leaflet. They particularly welcome children under 5, parents-to-be and their families. They are a central place where you and your children can visit and get advice on:
 - Childcare
 - Early education
 - Family and parenting support
 - Health services
 - Employment advice
- Children's Centres and community groups can help with many aspects of being pregnant and having a young child - healthy eating, breastfeeding, stopping smoking, mental wellbeing, home safety, relationship breakdown and welfare advice

Looking after a sick child

- Health services are free. Register your baby with a GP soon after their birth. For help with finding a GP, call Patient Advice Liaison Service (PALS)
0800 6525270
- Your pharmacist may be able to help if your child has a minor illness; if not, contact your GP
- If your child has signs of a more serious illness contact your GP or out-of-hours GP service or take them straight to the A&E department of your local hospital
- To find health services close to you, visit: www.nhs.uk



- GP surgeries are very supportive towards parents of small children. Many will fit babies into surgeries without an appointment or give advice over the phone

Remember...

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- Contact your midwife or health visitor for advice on coping with crying babies

To find out what's going on in a Children's Centre near you, call the Family Support Service on:
01422 392576
or email fis@calderdale.gov.uk

Useful numbers for further information

For more information about advice on pregnancy and baby care go to

NHS Choices

www.nhs.uk/conditions/pregnancy-and-baby



Other useful numbers and websites

Advice centres

to find your local advice centre, call **01422 842848** or look on www.calderdalecab.org.uk

Training and employment advice

Calderdale and Kirklees 'Workabout' www.workabout.org.uk

Calderdale Council
www.calderdale.gov.uk/employment/training

National Careers Service

www.nationalcareersservice.direct.gov.uk

Benefits: obtain advice from

01422 288003

Calderdale Family Nurse Partnership

01422 249721

Calderdale Health Visitors

01422 307336

Breastfeeding support helpline

07920 466660 (local)

0300 100 0212 (national)

Domestic violence

for support contact **01422 323339**

Calderdale Safeguarding

website www.calderdale-scb.org.uk

Multi Agency Screening Team (MAST)

First point of contact for any new safeguarding concerns or enquiries

01422 393336

Family Support Service

to find out what is available call

01422 392576

NHS Direct

call **111**

Police

police non-emergency number is: **101**

Relate

for relationship and individual counselling

01422 354354

Samaritans

24-hour helpline for the depressed, distressed and suicidal: **01422 349349**

Support to stop smoking

0800 612 0011

website yorkshiresmokefree.nhs.uk/