Document 19

Home Ready Steady Baby! Your guide to pregnancy, labour and birth and early parenthood up to 8 weeks Your guide to pregnancy, labour and birth and early parenthood up to 8 weeks Including common ailments and conditions that occur before and during pregnancy Including how to eat well, keep active and prevent illness in pregnancy Including benefits, housing support and your rights at work during and after pregnancy Including looking after your mental wellbeing and bonding with baby during pregnancy Including tests, scans and checks and who'll be looking after you and your baby Including the first signs of pregnancy and how your baby develops week to week Including newborn tests and examination and help for babies born sick or premature Including assisted birth by forceps or ventouse delivery, or caesarean section Including making a birth plan and deciding where to give birth Including what happens during the birth at full term and if your labour's premature Including signs that labour has started and options for pain relief during labour and birth Including having skin-to-skin contact with your baby and the first feeds Including how to bathe your baby, change their nappies and soothe them when they cry Including how to bond with your baby and talk, sing and read to them Including keeping your baby safe at home and how to help them sleep safely When to see your GP or pharmacist, or phone 999 if your baby's unwell Your baby will develop many new skills in its first year Including how and when to introduce your baby to friends and family Including looking after your mental health and helping your body recover after the birth Ready Steady Baby information in Easy Read Ready Steady Baby information in other languages © 2023 NHS 24 – v1.1.1.17852