

# Your pregnancy journey

**1** You can book an appointment with a midwife **as soon as you find out you're pregnant**. You should try to have your **first appointment before ten weeks**.



**2** You will be offered **routine blood tests, screening choices** and advice on what foods to avoid.

**3** If anyone in your household smokes, you will be offered **support to stop smoking** throughout your pregnancy.

**Please note:** There might be some variations in timings for each of our six Trusts across West Yorkshire and Harrogate.

**1** At around **20 weeks** a scan will check your baby's development.



**2** You will be offered **whooping cough** and other **seasonal vaccinations**.



**3** You can ask your midwife for a **certificate confirming your pregnancy** to give to your employer.

**4** Most women **feel their baby move** between 18 and 24 weeks.



**1** **Prepare your birth plan** and pack a bag with the things you will need for the birth.



**2** Seek information to help you make choices about **feeding your baby**.

**3** You will be offered **routine blood tests** to check you and baby are healthy.



**1** A midwife will look after you then a health visitor will visit you at home to help you, your baby and your family stay healthy.



**2** Your baby will be offered: vitamin K, a physical examination (within 72 hours), a hearing screening test and possibly a BCG vaccination.

**3** You'll be given a personal child health record which your midwife, health visitor and you can fill in.

**1** You will be offered a **blood spot test**, which tests your baby's blood for nine rare, but serious, health conditions. A **hearing screen** will also be arranged if you had your baby at home.



**2** Register the birth within **42 days** - visit [www.gov.uk](http://www.gov.uk) for details.



Speak with a **midwife**



Visit [speakwithamidwife.co.uk](http://speakwithamidwife.co.uk) or scan the QR code to book your first care appointment and talk about your options and choices.