

# Speak with a midwife



## 'Speak with a midwife' campaign suggested website/bulletin text

### Long copy

Pregnant women across **XXX/West Yorkshire and Harrogate** are being urged to '**Speak to a midwife**' as soon as they find out they're pregnant, as part of a new campaign that aims to make sure they get the care they need as early as possible.

**XXX place/Trust** is promoting maternity (also known as antenatal) care beginning at the earliest stage of pregnancy so women can be given the information and support they need to have a healthy pregnancy.

[National guidance](#) recommends that women should be offered a first booking appointment with a midwife by 10 weeks of pregnancy.

Booking sooner in the pregnancy journey ensures an approach that's right for the individual and means they'll get important information on all the things which will help ensure a healthy pregnancy such as:

- folic acid supplements
- access to screening
- stopping smoking

Early booking appointments also mean that women with specific needs or risk factors can be identified early on so that they can get the care they need. Some tests to check for any baby health risks or conditions should also be done before 10 weeks.

A positive pregnancy test can mean different things for different women, depending on their circumstances. They may be excited, surprised, nervous or confused or experience a mix of emotions. However they feel, it's important that they speak to a midwife as soon as possible to make sure they get the care they need.

Every pregnancy journey is different, but seeing a midwife early is proven to deliver better outcomes for both mum and baby.

Once you've found out that you're pregnant the most important thing is to make contact with your midwife and start a conversation. Midwives are there to help even if you are unsure of whether to continue with the pregnancy. Pregnancy care appointments are safe, confidential and accessible to everyone.



## Pregnant and feeling prepared?

# Speak with a midwife



Find out more and book appointment that suits you at: [speakwithamidwife.co.uk](https://speakwithamidwife.co.uk)

## Short copy

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