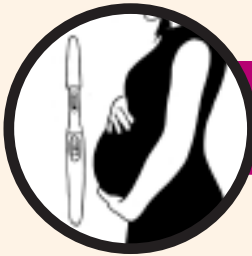


Introduction

What's in this book



Knowing you are pregnant

9-24



Antenatal care and classes

25-80



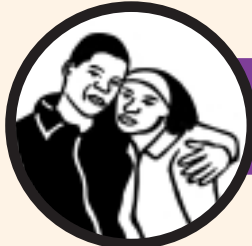
How your baby develops

81-82



Health

83-120



Feelings and relationships

121-184



Problems in pregnancy

185-234

Introduction

What's in this book



Getting organised

235-274



Labour and birth

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Special cases

327-372



The first weeks

373-404



Wordbank

405-428



Useful contacts

429-436



The aim of My Pregnancy, My Choice is to provide an easy words and pictures guide to pregnancy and birth.

It will support parents with learning disabilities and parents who find reading hard, to make choices about their pregnancy.

Staff with learning disabilities and their co-workers have taken ideas and guidance from parents with learning disabilities and professionals to make this book.

We know that an accessible book is something that parents have wanted for a long time.





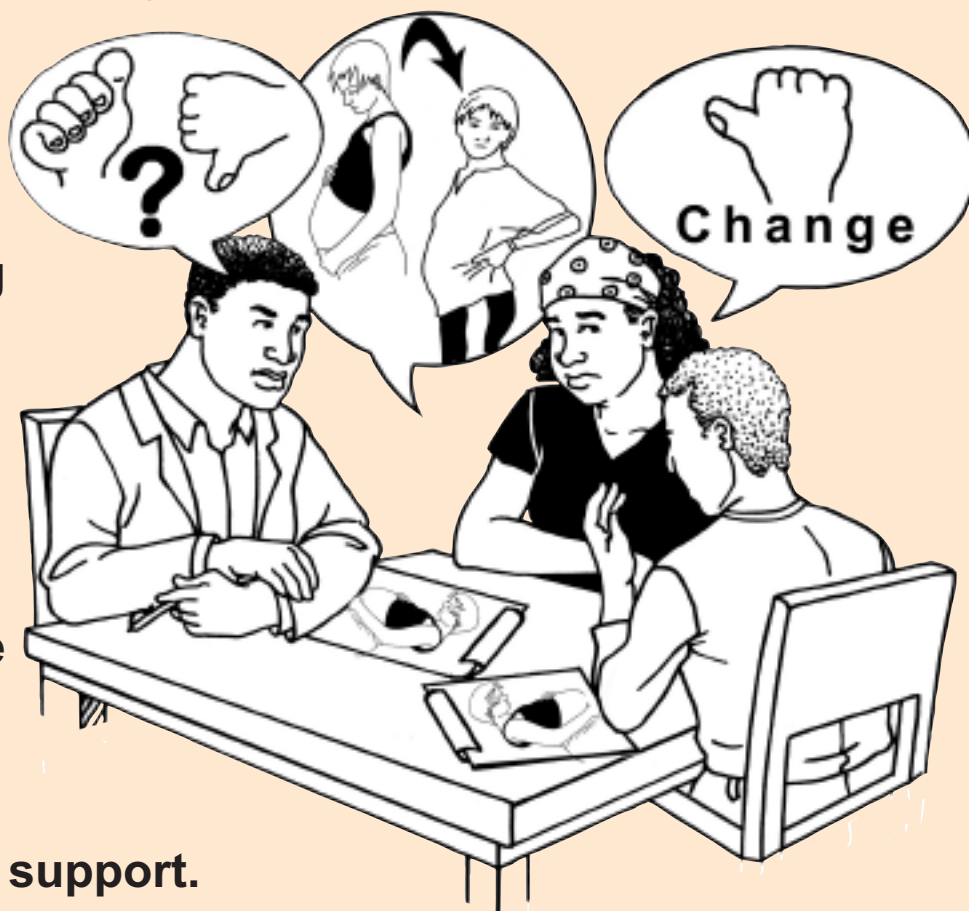
Introduction

About this book

It takes team work to produce a book like this. The My Pregnancy My Choice team has included two project workers with learning disabilities and a co-worker.

CHANGE ensures that its information is as accessible as possible by employing illustrators to work with staff with learning disabilities to produce tailor made drawings.

Volunteers and staff with learning disabilities at **CHANGE** make sure that the pictures give the same message as the text they support.





CHANGE would like to say a big thank you to all the parents who have taken part in working with us to write this book. They told us what information they would like to have in the book.

Special thanks goes to the parents at:

S.M.I.N.T (Special Mums In North Tyneside)

Middlesborough Mums

Parents and Co. (Camden)

Parenting Group (Elfrida Society, Islington)



We couldn't have done it without you.





Introduction

About this book

CHANGE would also like to say thank you to all the professionals including Community Nurses, Midwives, Health Visitors and Community Learning Disability Teams who have taken part in the research for this book and given us their advice.

Thank you

Well done to all the staff and volunteers at CHANGE for working so hard to get this book made.

CHANGE Project Workers: Jill Benet - Fiona McDonald - Brian Booth - Volunteer worker, Agnes Briggs

CHANGE Illustrators: Fiona McDonald - Daniel Gower
Rebecca Labor - Karen Harris - Juan Carlos Choque Arquida

CHANGE Volunteers: Thank you to the Words to Pictures Team volunteers for giving us their time and expert opinions.



Other books from CHANGE

You and Your Baby 0-1

This book uses easy words and over 450 illustrations to support new parents to look after a baby. Parents are given illustrated instructions on many things including bottlefeeding and weening, the baby's health and wellbeing and coping with the 'baby blues'.



You and Your Little Child 1-5

This book contains over 900 illustrations that support parents to look after small children. Parents are given advice on many things including health and safety, good diets, parenting skills, setting routines and supporting their child's development.





Introduction

About this book

Parents Rights

The Human Rights Act 1998
says that you have the right to:



**Marry and have children.
(Article 12)**



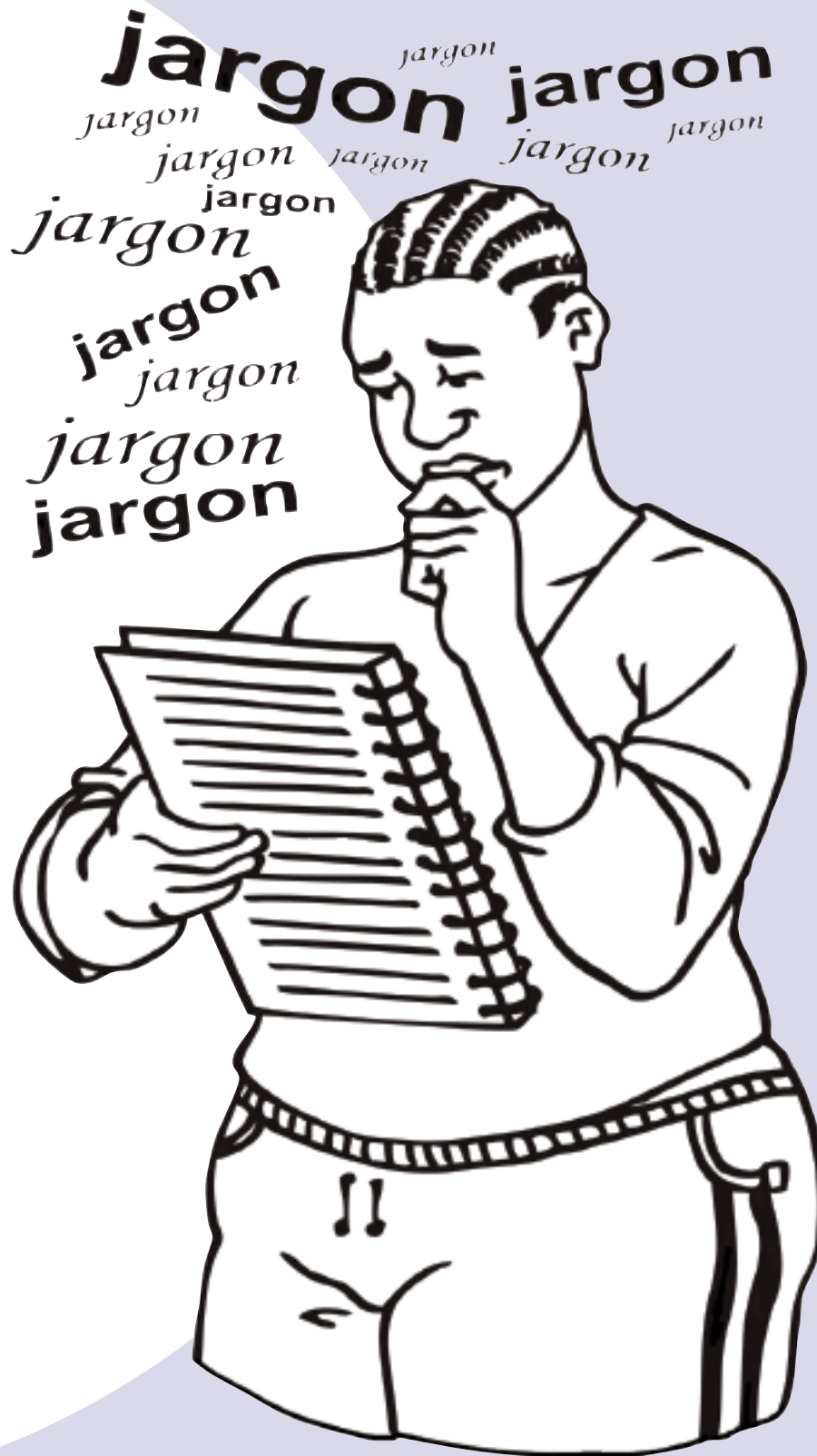
**Get support for your right
to private and family life.
(Article 8)**



**The right to be involved in
decisions and important
meetings about your child.
(Article 6)**

Word Bank

Hard words made easier



Aa

Word Bank

Hard words made easier

Allergic reaction

Happens when you eat or touch something your body does not like.

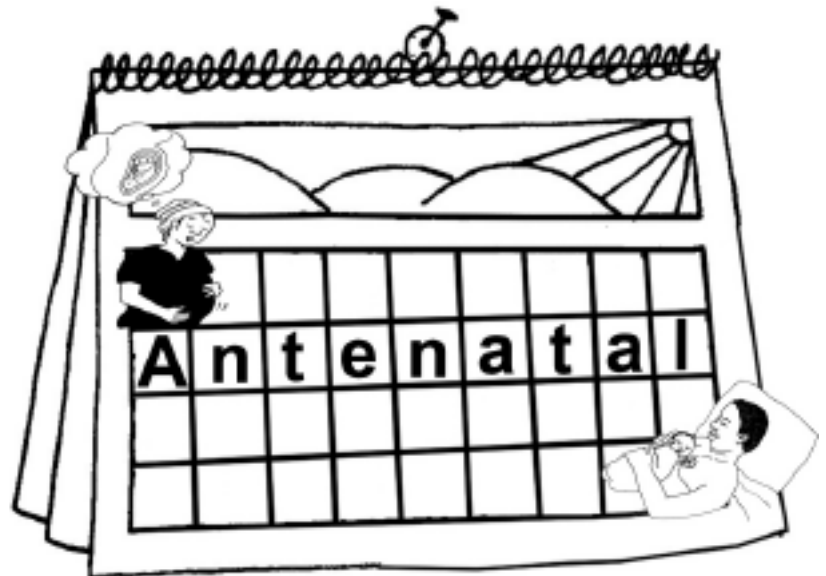


Anaemic

Not enough iron in the blood which makes you tired.

Antenatal

Before a baby is born.





Word Bank

Hard words made easier

Braxton Hicks Contractions

Your muscles will tighten and relax in the run up to giving birth. They are like practice contractions.



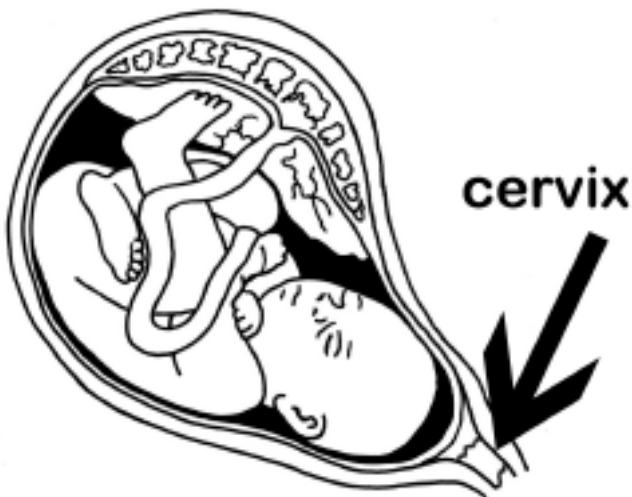
Breech birth

Born backside or feet first.



Caesarean Section

Where the baby is brought out through the lower belly.

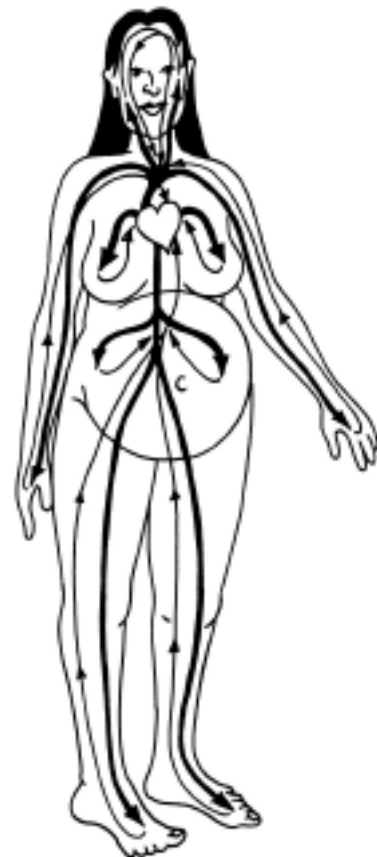


Cervix

Neck of the womb.

Circulation

The way blood is carried around your body.





Word Bank

Hard words made easier

Constipation

Finding it hard to have a poo.



Contraception

Something used to stop you getting pregnant such as condoms or the pill.



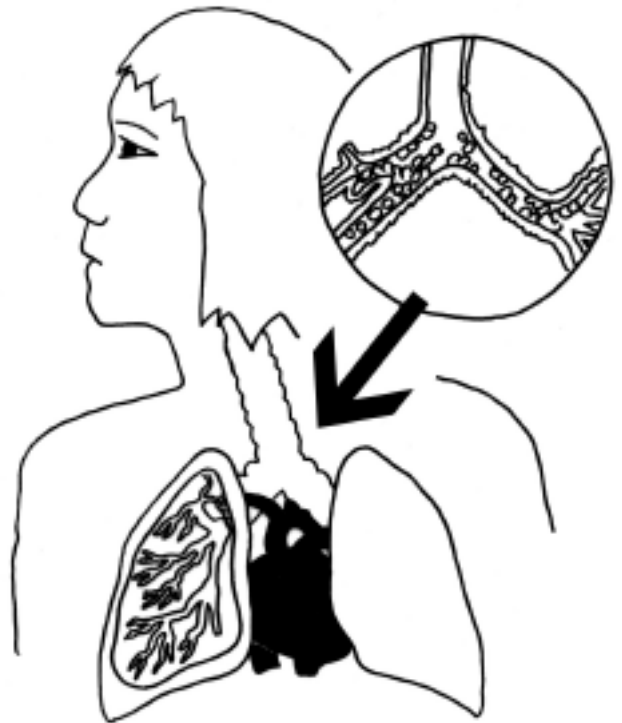
Contractions

When the muscles in your womb tighten to squeeze the baby out.



Cystic Fibrosis

A disease that weakens the lungs and digestive system. If both parents carry the gene it can be passed down to the baby.





Word Bank

Hard words made easier

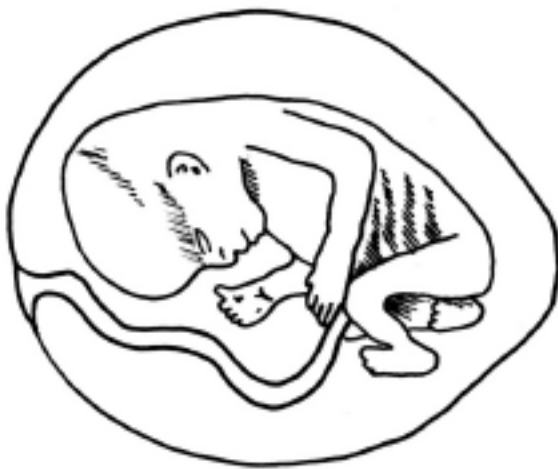
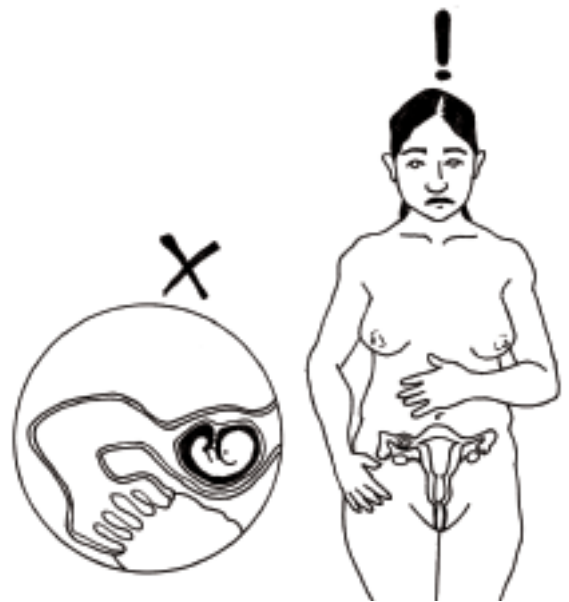
Dilated

When your cervix is open enough to let the baby be born.



Ectopic

When a baby starts to develop in the fallopian tubes before reaching the womb.

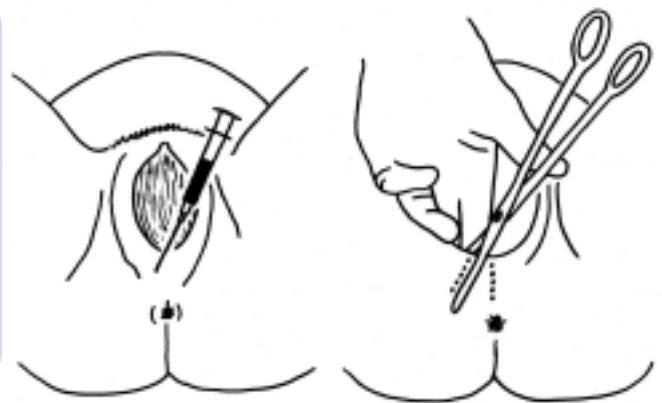


Embryo

The early stage of a baby in the womb.

Episiotomy

A surgical cut to the entrance of the vagina to make more room for the baby's head to get out.



Faeces

Poo

**Fontanelle**

A soft area on a babies skull at the top of the head, which can be easily damaged.



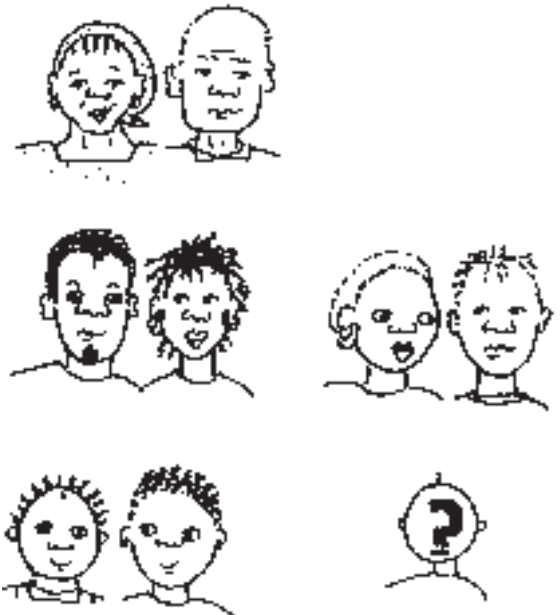
Generation

In a family children, parents and grandparents all come from a different generation. Some illnesses can be passed down from generation to generation so that a child can have the same problems as a grandparent.



Genes

Each generation of a family has genes which are passed onto children. That is why a child may have eyes like their mum and hair like their dad.



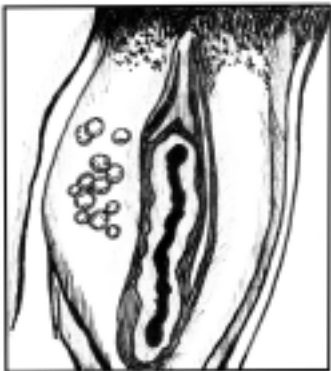
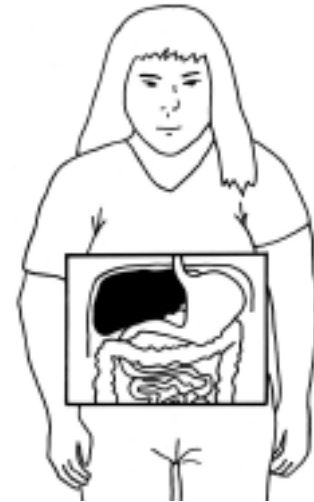
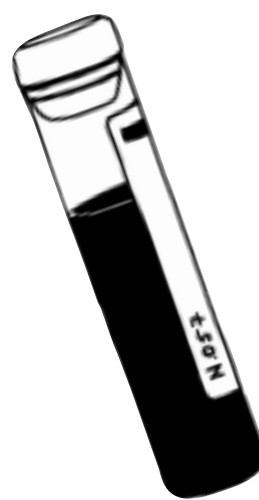


Word Bank

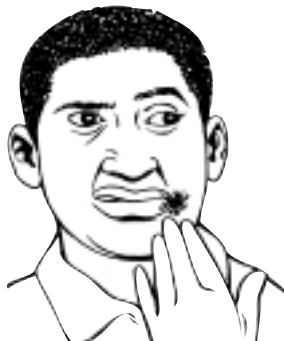
Hard words made easier

Hepatitis B and C

Infection of the blood that can damage your liver.



Genital sores



Mouth sores

Herpes

A disease which can cause painful blisters. You can get it by having sex with someone who already has it.

Hormones

Can change our mood and behaviour.

The amount we have in our body can go up and down.



Immune

Being immune means that you can fight off disease in your body.



Injection

A way of giving medication with a needle.



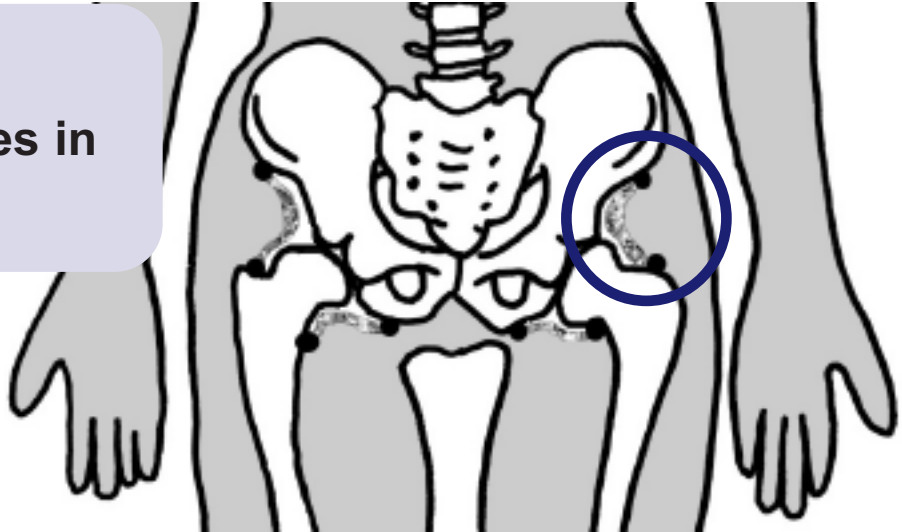
L

Word Bank

Hard words made easier

Ligaments

These hold the bones in your body together.



Mm

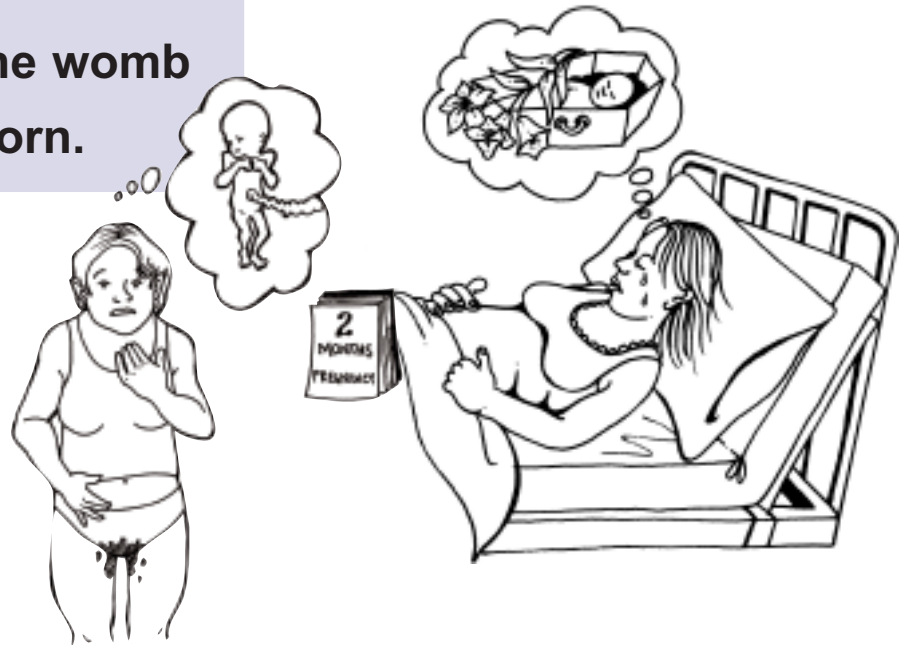
Membrane

A thin layer of protective skin that keeps moisture or fluids in.



Miscarriage

When a baby in the womb dies before it is born.



Nutrients

These are the goodness that passes from good food into your body and then into your baby.



Word Bank

Hard words made easier

Obstetrician

A doctor specialising in pregnancy and childbirth.



Obstetric Physiotherapist

A person who specialises in problems during and after pregnancy.



Paediatrician

A doctor specialising in looking after children.

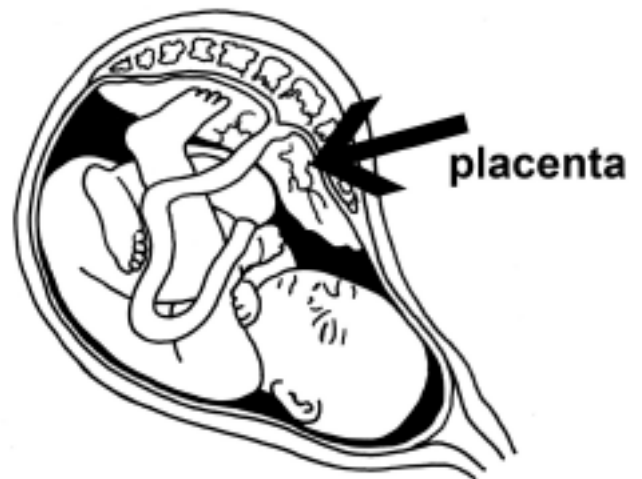


Pelvic Muscles

The muscles around your vagina and bladder.

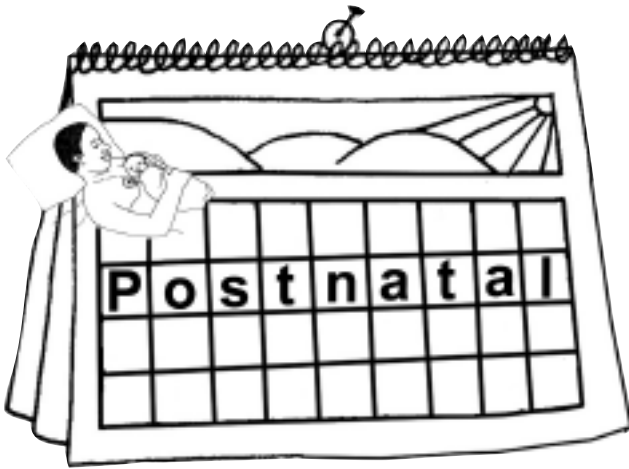
Placenta

The placenta takes goodness from the food you eat and passes it to the baby in your womb.



Postmortem

When a surgeon cuts open the body after death to find out why someone died.

**Postnatal**

After the birth of a baby.

**Postnatal Depression**

Depression affecting the mother after the birth.



Pre-eclampsia

A dangerous condition affecting the mother,s blood. It can harm both mother and baby.



Relieved

You are happy that something you were worried about has worked out how you want it too.

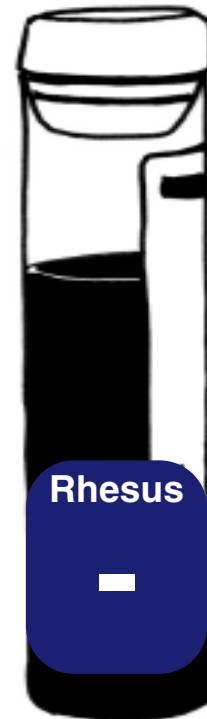
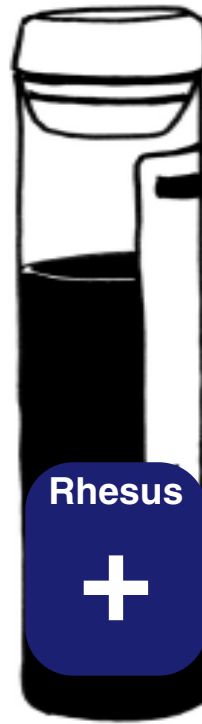


Rr

Word Bank

Hard words made easier

**Rhesus
negative/positive
Blood type**



Ss

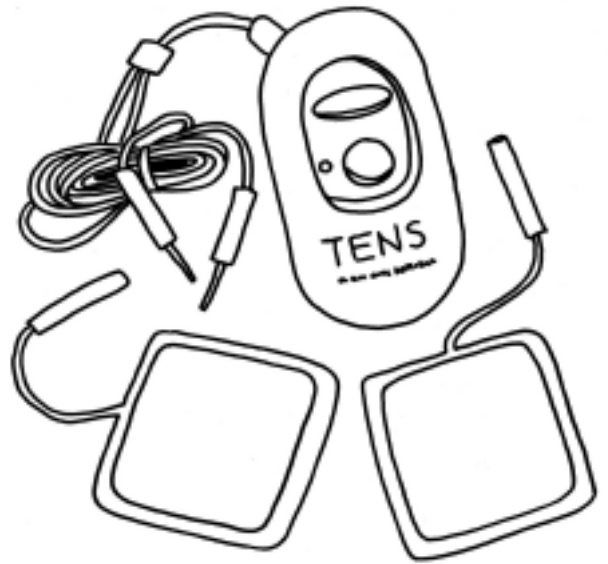
Symptoms

Signs that tell you that something is wrong. Like having a temperature or feeling tired all the time.



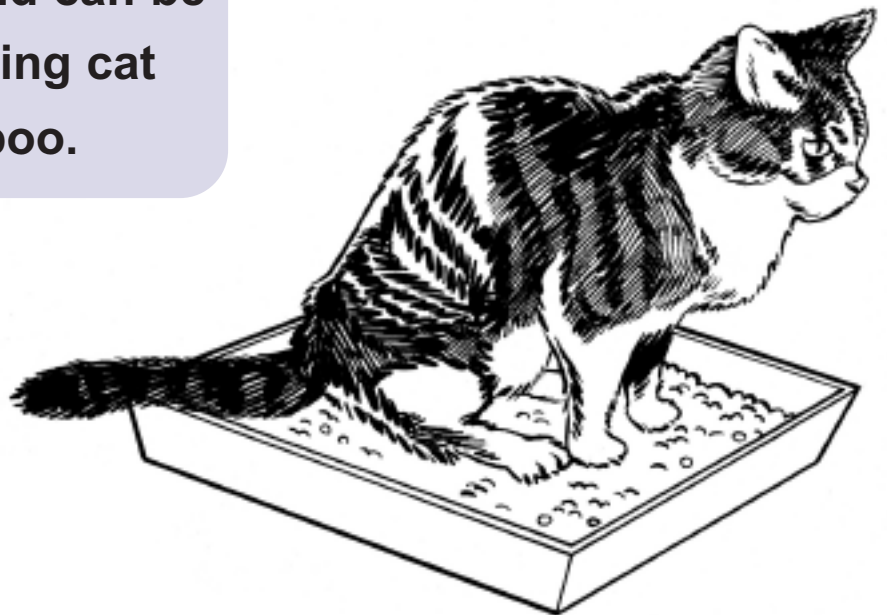
Tens Machine

Can be attached to your body to help ease the pain of contractions.



Toxoplasmosis

A disease that can damage an unborn baby and can be caught from touching cat and other animal poo.



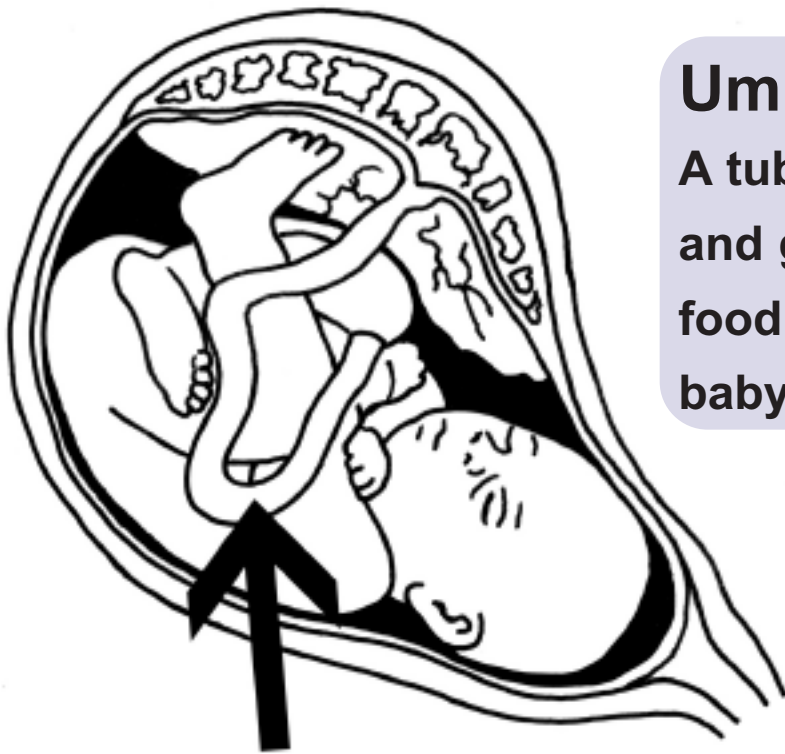


Word Bank

Hard words made easier

Ultrasound scan

A way of making a screen image of your baby while it is in your tummy.



**umbilical
cord**

Umbilical cord

A tube that lets oxygen and goodness from the food you eat pass to your baby in the womb.

Varicose Veins

Veins usually in your legs that become painful because they are blocked.



Withdrawal symptoms

Signs like shaking and feeling irritated that you feel when you give something up, like smoking.





Word Bank

My notes

Useful Contacts

For advice and support





Useful Contacts

For advice and support

CHANGE



Tel: 0113 243 0202



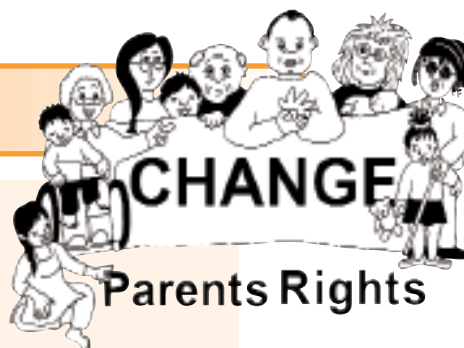
Fax: 0113 243 0220



E-mail: info@change-people.co.uk



www.changepeople.co.uk



Working Together with Parents Network



Tel: 0113 243 0202



E-mail: info@change-people.co.uk

E-mail: right-support@bristol.ac.uk



Disabled Parents Network



Tel: 08702 410 450



www.disabledparentsntework.org.uk



Useful Contacts

For advice and support



National Council for One Parent Families



Tel: 0207 428 5400



Fax: 0207 482 4851



E-mail: Info@oneparentfamilies.org.uk



www.oneparentfamilies.org.uk



Gingerbread



Tel: 0800 018 4318



Fax: 0207 403 9533



Lone Parent Helpline



Tel: 0800 018 5026

Family Planning Association



www.fpa.org.uk



Useful Contacts

For advice and support

National Childminding Association



Tel: 0800 169 4486

Tel: 0845 880 0044



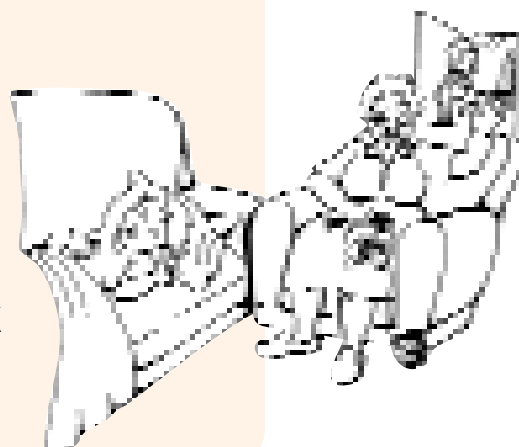
Fax: 0845 880 0043



E-mail: info@ncma.org.uk



www.ncma.org.uk



AIMS Helpline

Association for Improvements in Maternity Services



Tel: 0870 7651433



www.aims.org.uk

National Domestic Violence Helpline



Tel: 0808 2000247



Useful Contacts

For advice and support



Parent Line Plus



Tel: 0207 284 5500

Tel: 0808 800 2222



Minicom: 0800 783 6783



www.parentlineplus.org.uk



Family Action



www.family-action.co.uk

Sure Start



www.surestart.gov.uk

Home - Start UK

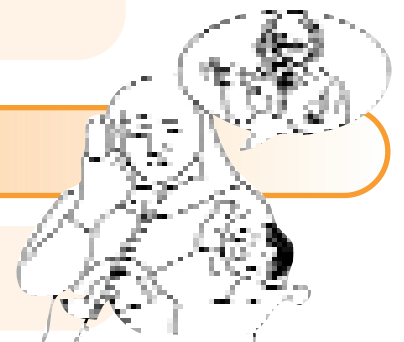


www.home-start.org.uk

NHS Direct Helpline



0845 4647





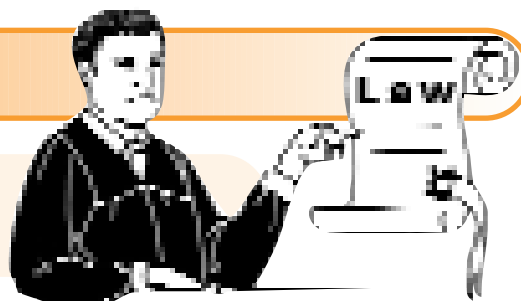
Useful Contacts

For advice and support

Family Rights Group



www.frg.org.uk



After Adoption



www.afteradoption.org.uk



Disability Law Service



www.dls.org.uk



CAFCASS

Child and Family Court Advisory Support Services



www.cafcass.gov.uk

Official Solicitor



www.officialsolicitor.gov.uk

Useful Contacts

For advice and support



National Association of Citizens Advice Bureaux



www.citizensadvice.org.uk



Free downloads: accessible information



[http://www.family-justice-council.org.uk/docs/Private_Law_booklet\(1\).pdf](http://www.family-justice-council.org.uk/docs/Private_Law_booklet(1).pdf)

*The Court and your Child –
when mum and dad split up (Easy read)*



[http://www.family-justice-council.org.uk/docs/Public_Law_booklet\(1\).pdf](http://www.family-justice-council.org.uk/docs/Public_Law_booklet(1).pdf)

*The Court and your Child –
when social workers get involved (Easy read)*

or through <http://www.family-justice-council.org.uk/publications.htm>



www.valuingpeople.gov.uk

Good Practice Guidance –

*Supporting Parents with Learning Disabilities
(Easy Read Version)*

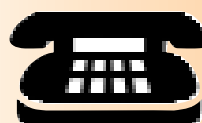


Useful Contacts

For your own contacts



Name:



Tel: