

# Pregnancy

Information Sheet on Pregnancy December 2010



## Information Checklist

During your pregnancy you will be provided with a lot of information. Here is a list of a few things that you should be given. If you feel that you need any help understanding this or would like to discuss it please speak to your midwife, a member of children's centre staff or the Family Information Service on 01904 554444.

## Pregnancy Book

'The Pregnancy book' provides in-depth support, useful contact information and advice on rights and benefits, 'The Pregnancy Book' is a complete guide to:

- a healthy pregnancy
- labour and childbirth
- the first weeks with a new baby

'The Pregnancy Book' aims to:

- support you throughout the whole process, explain the different aspects of pregnancy, ensuring optimal health and wellbeing of all involved .
- help midwives and health visitors explain the pregnancy process and act as an addition to their advice, ensuring they have support in their work.

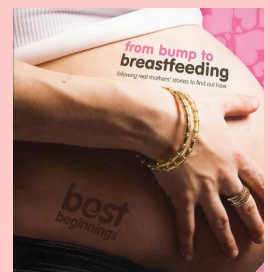
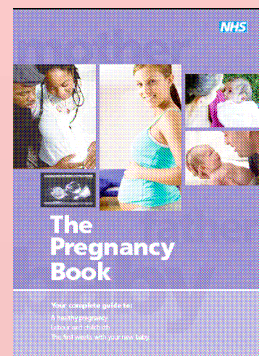
## Parents Guide to Money

Having a baby is a major life change that also brings big financial changes. The Financial Services Authority has produced a parent's guide to money, a free and impartial guide for parents to be and parents/carers on the financial aspects of having a baby.

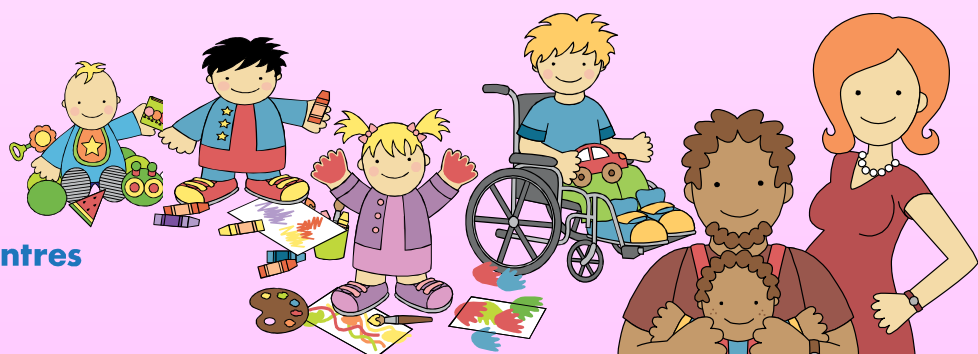
The guide is a handy-sized booklet with sections on the key issues such as maternity and paternity leave, the cost of childcare, child tax credits and saving and borrowing. This guide will be issued to you during pregnancy at your first appointment with the midwife but can also be picked up from any children's centre.

## Breastfeeding Support

During your pregnancy your midwife will offer you classes and workshops on feeding your baby.



**Sure Start**  
**Children's Centres**  
York



## What are Sure Start Children's Centres?

There are nine children's centres in York. They offer a range of services for families and carers with children aged under five years old. These include:

- parenting support
- information and advice
- access to child and family health services
- quality childcare and/or advice on local childcare options
- help for parents into training and work.



## What do children's centres offer parents to be?

There are groups at children's centres that support mums and dads to be. These include antenatal classes, stop smoking support, groups that offer time and space in pregnancy (with free childcare) and groups for young parents to be. To find out more about these and to book a place please talk to your midwife or children's centre staff.

Parents expecting babies are welcome to come along to any of the drop in sessions to see what takes place.

You can find out where your nearest children's centre is by contacting York Family Information Service on 01904 554444.

## Once your baby is born...

In the first few weeks and months of your child's life please come along and get to know your local children's centre. It is even possible to register your baby's birth at some of the children's centres. For more information about this please contact 01904 654477.

Children's centres have drop-in groups for all children under five where you can just turn up and there will be opportunities to play in a stimulating environment with your child as well as receive information and advice from children's centre staff. There are also groups for breastfeeding support, young parents, multicultural families, parents and carers of children with additional needs, dads and male carers and babies under one. Health visitors are sometimes present in these groups.

There is also a Toy Bus where from just £3 per year you can borrow toys for your baby. Go to [www.yor-ok.org.uk/toybus](http://www.yor-ok.org.uk/toybus) or ring 01904 551754 to find out when the bus will be near you!

Children's centre receptionists are able to let you know about what's on in each centre and also about other activities in your area. If you need any support on issues such as feeding, routines and managing finances please come into the centre and a children's centre worker will be able to have a chat with you.

## Useful Websites

NHS direct: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk); 08454647

National Childbirth Trust offers support and advice from pregnancy onwards: [www.nct.org.uk](http://www.nct.org.uk)

La Leche offer support for breastfeeding mothers: [www.laleche.org.uk](http://www.laleche.org.uk)

**For more information about children's centres please contact the Family Information Service on 01904 554444 or visit [www.yorkchildrenscentres.org.uk](http://www.yorkchildrenscentres.org.uk). Up to date leaflets on this and other topics can also be downloaded from the website.**