

## BOOKLET 2

### PREGNANCY CARE

When you're pregnant you need to take extra care of yourself. There are many things you can do to be healthy, and to give your baby a healthy start to life. One thing you must do is visit a midwife or doctor regularly. Their job is to help look after your health and your baby's health. You can read more about pregnancy care in this booklet.



## BOOKLET 2

### PREGNANCY CARE

**Pregnancy care helps to make sure that  
you and your baby stay healthy**

**For pregnancy care you need to go  
to your doctor regularly**

**It is good to tell your doctor how you  
are feeling**

**Your doctor is there to answer all  
of your questions**

**Pregnancy classes are another way of  
learning about your pregnancy  
and your baby**

Pregnancy care (**also called antenatal care**) is important.

It helps make sure that you and your baby are healthy.

For pregnancy care, see your doctor regularly.

Talk with your doctor or midwife about the pregnancy care that is available and best for you.



Your first visit to the doctor will be the longest visit.

**They need to ask you all about your medical history.**

For example, they need to know if you take any kind of medication.

**If you take any medication, take it with you to show your doctor.**



At your first visit the midwife or doctor might check that you are pregnant, and give you an **expected date of birth**.

This means you can expect your baby to come some time around that date. Some babies come before the expected date and some babies come after that date!

**What is your expected date of birth?**

---

At each visit, your doctor will check your blood pressure, feel your tummy, and listen to your baby's heart beat. You can also ask questions, and talk about how you are feeling.



At your visits to the doctor you might have some tests that are offered to all pregnant women.

These include:

**A blood test.** This is to check that you are healthy and to find out your blood type.

**A urine (pee) test.** This is to check for anything that could make you or your baby sick, see **Booklet 6**.

**An ultrasound.** This is to check your baby's growth and to find out when your baby is likely to be born (this is not always necessary – talk to your doctor first and ask them if you need an ultrasound).



### **An ultrasound checks:**

- The expected date of birth
- That the baby is developing well
- How many babies you are having

Ask your doctor to tell you what these tests are all about.

Your doctor is the best person to talk to you about any other special tests that might be done during your pregnancy.

Pregnancy classes (also called antenatal classes) are another way of learning about your pregnancy and your baby. **They're also a great place to meet and talk to other mums and dads.**

Ask your midwife or doctor about pregnancy classes.



## **At the pregnancy classes you will learn about:**

- ways to keep healthy during your pregnancy
- what happens during childbirth
- ways to help you cope with the labour pains
- how your support person can help you in labour
- what it's like being a mum
- how dads or partners can help
- ways of feeding your baby
- how to look after your baby
- who can help after you go home with your baby



## THINGS YOU CAN DO

- **Go to a doctor** as soon as you know that you are pregnant
- **Keep all appointments** – it's a good idea to write appointment dates and times on a calendar
- Before each visit **write your questions down** using the record in **Booklet 7**
- **Ask why a test is being done**, and what will happen during the test and after (the results)
- If you don't understand what you are being told or what is happening to you, **ask your doctor to explain**

**Tick any questions that you would like to ask your doctor**

- When will my baby be born?
- How often do I go to pregnancy care visits?
- Can I bring someone with me?
- Can I just visit my local doctor?
- Will I have a physical examination?
- What is a midwife and do I need one?
- How long will I feel sick?
- Why do I feel up and down?
- Will I have to have an ultrasound?
- If I have an ultrasound, when will it be?
- Where can I have my baby?
- When do I book in to have my baby?
- How do I book in to have my baby?
- Will I need to have blood tests and needles?
- Why do I need blood tests and urine tests?
- Is my baby OK?
- When can I listen to my baby's heart beat?
- When will I feel my baby move?
- How can I feed my baby?
- Where are the nearest pregnancy classes?



# PREGNANCY CARE

## FIND A WORD FUN

F	U	M	L	U	L	T	R	A	S	O	U	N	D	V
T	N	I	N	F	R	A	O	V	X	F	A	C	Z	F
P	S	D	S	R	N	L	E	E	U	J	L	N	M	D
W	O	W	J	G	T	K	I	C	N	H	S	B	X	I
O	N	I	R	C	H	D	R	T	E	W	K	V	B	Q
E	A	F	L	X	S	F	U	F	Q	O	D	M	R	C
I	P	E	X	P	E	C	T	E	D	D	A	T	E	T
A	L	N	G	H	Y	G	A	E	N	W	K	P	A	H
C	L	A	S	S	E	S	O	L	E	N	F	W	S	U
B	A	C	D	H	C	F	N	I	M	T	J	O	T	I
S	B	N	B	K	I	J	E	N	S	B	H	E	F	P
G	O	B	G	R	N	H	T	G	L	Y	W	I	E	L
T	U	V	D	O	D	W	D	S	W	V	O	R	E	T
W	R	M	L	N	P	O	Y	U	G	I	I	U	D	F
Q	D	T	S	E	D	J	C	G	A	C	E	Y	H	D

It's important to start pregnancy care as soon as you find out that you are pregnant. **Remember to write down and go to every visit.**

Try to find these **8 words** hidden in the puzzle above.

**ultrasound**  
**labour**  
**expected date**  
**breastfeed**

**midwife**  
**feelings**  
**classes**  
**talk**

# ACKNOWLEDGEMENTS



Healthy Start for Me and My Baby is one element of Healthy Start: A national capacity building strategy which aims to improve health and wellbeing outcomes for children whose parents have learning difficulties [www.healthystart.net.au](http://www.healthystart.net.au).

Healthy Start is an initiative of the Australian Supported Parenting Consortium (ASPC). The ASPC is a collaboration between the Parenting Research Centre and the Australian Family and Disability Studies Research Collaboration (Faculty of Health Sciences, University of Sydney). Healthy Start is funded by the Australian Government under the Family Support Program (previously Stronger Families and Communities Strategy).



[www.sydney.edu.au/health-sciences/afdsrc](http://www.sydney.edu.au/health-sciences/afdsrc)



[www.parentingrc.org.au](http://www.parentingrc.org.au)

Edited for use in Canada by the Family and Disability Studies Initiative  
[www.fdsa.ualberta.ca](http://www.fdsa.ualberta.ca)