

When you are pregnant

When you find out you are pregnant

- When you find out you are pregnant, complete the antenatal self-referral form at [bartshealth.nhs.uk/self-refer-to-our-maternity-services](https://www.bartshealth.nhs.uk/self-refer-to-our-maternity-services) or contact your doctor (GP) so they can tell you what to do next.
- Collect your **free vitamins** from a Children's Centre and other locations, a list of these can be found at [newham.gov.uk/healthystartvitamins](https://www.newham.gov.uk/healthystartvitamins)



8-15 weeks

- **Approx. 8 weeks – Booking appointment.** Your midwife will give you information and offer you some tests.
- **10-14 weeks – Dating scan.** You will be offered an ultrasound to estimate when your baby is due and undertake a health check.



16-21 weeks

- **16 weeks – General check up and review test results.**
- **18-20 Week Scan.** You will be offered an ultrasound scan with your midwife to check the baby's growth and sex if you wish to find out.



25 weeks

- **Antenatal check (first baby only) –** This is a general check-up with your midwife. You will be offered this if this is your first time having a baby.
- Sign up with your local **Family Hub** via [newham.gov.uk/familyhubs](https://www.newham.gov.uk/familyhubs)

You can get your **whooping cough, COVID-19** and **flu vaccine** at any time during pregnancy.

28 weeks

- **Antenatal check** to offer blood tests and measure your baby's growth.
- Talk to your midwife about booking onto antenatal education classes.



31 weeks

- **Antenatal check** (first baby only).



32-38 weeks

- **Antenatal checks** every two weeks. Discuss your birth plan with your midwife or doctor.
- Book your **antenatal baby feeding workshop** at [newham.gov.uk/feedingyourbaby](https://www.newham.gov.uk/feedingyourbaby)



40 weeks

- **Antenatal check** (first baby only).



41 weeks

- **Antenatal check.**
- You will also be able to talk about options for starting labour.



42 weeks

- If you have not had your baby yet, you will be offered more appointments and monitoring of the baby.

A **Health Visitor** will contact you to help you, your family and baby stay healthy.

Baby's first year

Birth-Day 7

- A midwife will help you with feeding your baby.
- **New-born health check** - within 72 hours after birth.
- Your baby will be offered a hearing test and blood spot test.
- Your midwife will give you your child's personal child health record. It is also called the 'red book'. This is where your child's health information will be recorded.
- When you leave hospital, you can contact the **Newham Baby Feeding Helpline** on 07534 249 611.



Day 10-14

- Your midwife will hand over your care to the Health Visiting Service.
- Your Health Visitor will review the health and wellbeing of mother and baby. They will give information on things like feeding, safe sleep, parenting and wellbeing.
- **Sign up with your local Children's Centre** via [newham.gov.uk/ChildrensCentreReg](https://www.newham.gov.uk/ChildrensCentreReg)



28 Days

- Vaccination UK will contact you to book an appointment to get your baby's **BCG vaccine**. Try and get your baby vaccinated by the time they are 28 days old.



6-8 weeks

- Your Health Visitor will check the health and wellbeing of mother and baby. They will also provide health information.
- Contact your GP to book your baby's **6-8 week physical examination** and their **8 week immunisations**.
- Book your **postnatal check** with your GP to make sure you feel well and are recovering from birth.



12-16 weeks

- Your Health Visitor will check the health and wellbeing of mother and baby. They will also provide health information.
- Call your GP to book your baby's **12 week and 16 week immunisations**.

Register your baby's birth at the **Newham Register Office** and with your GP. Try to do this before they turn 6 weeks old.

From baby's first birthday to five years old

1 year

- Call your GP to book in for your baby's **1 year immunisations**.
- Take your child to the dentist for free once their first teeth come through.
- **1 year health review** with your Health Visitor. They will provide health promotion advice.
- **Register your child at your local library**. The library has free play sessions, family activities and book borrowing.

2-2½ years

- **2 year health and development review** – Check-up with your Health Visitor.
- Call your GP to book your baby's **flu immunisation**.

3 years

- Call your GP to book your baby's **immunisations at 3 years and four months old (pre-school booster)**.
- Start thinking about where you'd like your child to attend primary school, find more information at newham.gov.uk/primaryschooladmissions

4 years

- Complete the online application to choose where you want your child to attend reception school.

5 years

- Complete the online application for **free school meals** at newham.gov.uk/freeschoolmeals
- You can book your child in for a **COVID-19 vaccine (1st and 2nd doses)**.

Your child might be eligible for free early years education at your local nursery, preschool, playgroup or childminder. Find out more on Newham's Family Information Service website or call them on **020 3373 0980**.

Additional support

More information is available on the Newham Families Information Service website families.newham.gov.uk

Maternity Feedback

You can contact the Newham Maternity and Neonatal Voices Partnership (MNVP) to share your experiences of maternity care during pregnancy, birth and after. For more information, visit healthwatchnewham.co.uk/mnvp

Children's Health 0-19 Service Single Point of Access

If you would like to talk to Health Visiting or the Family Nurse Partnership, please call **020 3373 9983**.

Baby Feeding Support

For any questions on breastfeeding, bottle feeding, starting solids or returning to work whilst feeding – call or text Newham's Baby Feeding Helpline team on 07534 249611, or come to a Baby Feeding Café. More information available at newham.gov.uk/feedingyourbaby

Children's Centres

Register in person at any Children's Centre or complete the online form on Newham's Family Information Service website newham.gov.uk/ChildrensCentreReg to access a range of support and play sessions.

0-25 SEND Service

The 0-25 SEND service helps families who have a child with a disability or special educational needs. You can call them on **020 3373 0707**. Find out more here newham.gov.uk/sendoffer

Family Hubs

Family Hubs offer support to children and families. It's a 'one stop shop' for advice and guidance, find out more here newham.gov.uk/familyhubs or by calling **020 3373 2555**.

Emotional Wellbeing

Having a child is a big life event and it is natural to feel a lot of different emotions. If these feelings start to affect your life, there is support available. Talk about your feelings to a friend, family member, GP, Health Visitor or midwife. You can also talk to your GP about the emotions or behaviour of your child.

Healthy Start Food

You might be eligible for a prepaid contactless card to help buy healthy food. Apply online via the Healthy Start website: healthystart.nhs.uk

Free Vitamins

All pregnant people, people with a child under 12 months old, and all children under age 4 can collect free vitamins. More information available at newham.gov.uk/healthystartvitamins

Food Provision

If you are struggling to feed yourself or your family, contact the Newham Food Alliance on **07790 975 086** or email frontdoor@newhamfoodalliance.org

Emergency

If you are experiencing an emergency or someone is seriously ill or injured and their life is at risk, call **999**. If you have an urgent medical problem and you are not sure what to do, call **111** (NHS111 is available 24 hours a day, 7 days a week).

GP Services

You can speak to a GP if you or your family have concerns about your health or your child's health. If you need help from your GP outside of working hours, you can contact Newham's GP Cooperative on **020 7511 8880**.

Multi-Agency Safeguarding Hub (MASH)

If you are concerned about a child's welfare, call: **020 3373 4600** during office hours or **020 8430 2000** any other time.

Adult Safeguarding

If you are concerned about an adult's welfare, call the 24 hour Safeguarding helpline on **020 3373 0440**.