

How to use this booklet

During pregnancy we encourage every woman to complete their own personal care plans, in partnership with their midwives and/or doctors. These personal care plans can be hand written in this booklet or completed on the Suffolk and North East Essex **mum & baby app** (then printed if you wish).



In the app you will find a wide selection of useful and important information about pregnancy, birth and what happens after your baby is born. You can download the free app to your smartphone or tablet via the App Store or Google Play.

You can also access the information contained within the app in booklet format from your local maternity unit or online. There are booklets available on **Your Pregnancy, Labour and birth** and **After your baby's birth**. Ask your midwife about getting this information if you're not sure.

You can access the electronic copies of these booklets on the web page of your local Maternity Unit.

In this booklet you will find four different personalised care plans. Keep this booklet with you, so you can discuss them with your maternity team at your appointments.

Completing these personal care plans will support you in your preferences for pregnancy, birth and parenthood.

Choosing place of birth

In Suffolk and North East Essex, each maternity unit offers three choices for where you can give birth to your baby (home, in a midwifery-led unit/birth centre or in an obstetric-led unit/labour ward). This personal care plans booklet can support you in making this choice in partnership with your maternity team.