

You can keep a record of which personal care plans you have completed, and when:

☐ **Health and wellbeing in pregnancy**

Date completed \_\_\_\_\_

☐ **Personalised birth preferences**

Date completed \_\_\_\_\_

☐ **After your baby is born**

Date completed \_\_\_\_\_

☐ **Birth reflections**

Date completed \_\_\_\_\_

This booklet was developed by the NHS in North West London as part of the maternity early adopters project and adapted by Suffolk and North East Essex CCG.