



Commissioning Alliance

Brighton and Hove CCG

Crawley CCG

East Surrey CCG

High Weald Lewes Havens CCG

Horsham and Mid Sussex CCG



Maternity Care Resource Pack

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Antenatal Care

Information for Expectant Parents

[BSUH Maternity Website](#)

This is the main hub for all information relating to pregnancy, birth and beyond.

All referrals are now made via the [online booking form](#), after which women make their first appointment with a midwife directly through their GP surgery or Children's Centre, for when they are 6-8 weeks pregnant.

The BSUH Maternity Website has a number of different useful pages including the following:

[Your Pregnancy](#)

Provides a range of advice on booking initial appointments, vaccinations, screening tests, parent education classes and general pregnancy advice.

[Vaccinations](#)

Information on [flu](#) and [whooping cough](#) vaccinations recommended for pregnant women.

[Giving Birth](#)

Provides advice for women to enable them to make their own decisions about their pregnancy and birth journey.

[Our Services](#)

Provides information on all services available such as hospital and community-based services, as well as specialist support including for [teenage pregnancy](#) and [substance use during pregnancy](#).

[Multiple Pregnancies](#)

Information on birth options and support available for women who are expecting two or more babies at one time.

[Early Pregnancy Unit \(EPU\)](#)

Information on the EPU who see women with pain and/or bleeding in early pregnancy. Please note this is not a walk-in clinic, but is by referral only.

[Parent Education Classes](#)

Information on classes available for expectant parents, as well as those from outside providers.

[Midwife Contact Details](#)

Main contact details for the midwives at Royal Sussex County Hospital and Princess Royal Hospital.

[Information on Home Birth in Brighton and Hove](#)

BSUH leaflet compiled by midwives for those considering a home birth.

[NHS Your Pregnancy and Baby Guide](#)

Contains information on keeping well in pregnancy, labour and birth, newborn and older babies and toddlers, including:

[Planning Your Pregnancy](#)

Useful pre-conception information.

[Brighton and Hove Maternity Voices Partnership](#)

A committee of Brighton and Hove parents and health professionals who work together to improve local maternity services. Ideas or suggestions about improving maternity services in Brighton and Hove can be submitted through the website.

[Antenatal Classes in Brighton](#)

Netmums information on antenatal classes and groups at local hospitals, health centres and through the NCT in Brighton and surrounding areas. Also includes information on private courses and workshops such as hypnobirthing, aquanatal and pregnancy yoga classes.

Premature and Sick Babies

[Premature Birth](#)

Information on the neonatal services provided for premature and sick newborn babies.

[Expecting a Very Premature Baby](#)

Leaflet for parents of very premature babies, defined as a baby born at less than 29 weeks gestation.

[Early Birth Association](#)

Local charity for premature or sick babies.

[Bliss](#)

National charity for premature or sick babies

Pregnancy Loss

[BSUH Pregnancy Loss](#)

Information about the specialist support available for late miscarriage, stillbirth and neonatal death.

[Miscarriage Association](#)

National charity for people affected by miscarriage, molar pregnancy or ectopic pregnancy.

[Sands](#)

National stillbirth and neonatal death charity.

[Lullaby Trust](#)

National charity that provides emotional support for bereaved families, promotes expert advice on safer baby sleep and raises awareness of sudden infant death.

Postnatal Care

Information for New Parents

[6 Week Check](#)

NHS guidance on the six week post-natal check which is recommended for all women, but not always routinely offered by GP surgeries.

[Postnatal Booklet](#)

BSUH booklet designed to help new parents adjust to life with a new baby. Includes information about registering a baby, identifying common health problems, feeding, postnatal exercises, contraception and safe sleeping.

[BSUH You and Your Baby Website](#)

Information about adjusting to life with a newborn baby, including advice on support you can receive in hospital, at home and if you have any worries about yourself or your baby.

[Brighton & Hove City Council Your Children's Centre Team](#)

Information about and contact details for the Children's Centres available in the city, including information about the Healthy Child programme, Health Visitors, Early Years Educators and Community Nursery Nurses.

[Child Friendly Brighton and Hove: Parent and Baby/Toddler Groups](#)

Provides comprehensive and up-to-date listings for parents with babies and/or toddlers including from birth to crawling/walking, children's centres activities and groups, Dad's Stay and Play groups and Special Needs groups.

Children with Additional Needs

[Special Educational Needs](#)

Brighton & Hove City Council website about support available for families of children and young people with Special Educational Needs and Disabilities.

[Whoopsadaisy](#)

Charity for children with cerebral palsy and other motor conditions, providing free services dedicated to helping them reach their full potential. Based in Preston Park, supporting babies and children in Brighton & Hove and across Sussex.

Breastfeeding

[Breastfeeding Team \(Brighton & Hove\)](#)

A specialist team within Brighton and Hove Children's Services, working closely with, acting as a resource for, and providing training for, Health Visiting Teams (including health visitors and community nursery nurses). They also work closely with Children's Centre teams and midwives.