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Find out all you need to know about labour and birth, including: where you can have your baby – for example, in a hospital, midwife-led unit, or at home; what pain relief in labour is available, such as gas and air (entonox) and epidural signs that

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(PCPNC), has been

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from recently approved WHO guidelines relevant to maternal and perinatal health.

These include pre-eclampsia & eclampsia; postpartum haemorrhage; postnatal care for the mother and baby; newborn resuscitation;

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WHO | Pregnancy, childbirth, postpartum and newborn care
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called antenatal care) decisions you need to make about labour and birth; coping with common pregnancy problems; when pregnancy goes wrong; You can find out about all these and read about your baby's development in our week-by-week pregnancy content.

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You can also see a slideshow of what's happening to your baby each week.

Your pregnancy week by week - NHS Pregnancy and Birth
Our pregnancy and birth advice section takes you from the moment you conceive through to giving birth , with

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advice every step of
the way. Our useful
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Pregnancy & Birth |
Emma's Diary

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Something wonderful is happening to your body and, quite naturally you 'll want to know as much as possible about the changes week by week. Within this section we've teamed up with our friends at Boots to help you track your week by week

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pregnancy so you can see what is happening to your baby at every stage of their incredible development in the womb and what is happening to your body too!

Pregnancy Week by Week Guide | What You Should Know About ...

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YOUR GUIDE TO

LABOUR AND BIRTH 3

1. What needs to be done to get ready? •

Learn about the process of labour and birth. • Think about comfort measures you want to try as you move through the stages of labour.

• Talk about comfort measures with your support person and

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health care provider.

- Learn about breastfeeding.

Your Guide to Labour and Birth - Best Start Since the first edition was published in 2000, Managing Complications in Pregnancy and Childbirth has been translated into several languages

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and today is used widely in training for and the provision of emergency obstetric care. The new edition brings the guidance in the manual into line with WHO ' s current recommendations for emergency obstetric and newborn care.

WHO | Managing

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Complications in pregnancy and childbirth ...

Home birth. If you have a straightforward pregnancy, and both you and the baby are well, you might choose to give birth at home. In England and Wales, just over 1 in 50 pregnant women give birth at

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home. Giving birth is generally safe wherever you choose to have your baby.

Where to give birth:
the options - NHS
You must get proof of the pregnancy before you pay SMP. This is usually a doctor ' s letter or a maternity certificate (known as an MATB1 certificate).

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seriously ill from
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Pregnant women have been included in the list of people at moderate risk (clinically vulnerable) as a precaution. This is because pregnant women can sometimes be more at risk from viruses like flu.

Pregnancy and
coronavirus

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(COVID-19) - NHS

At the end of your pregnancy, you may have some signs that your baby will arrive very soon, even though you may not go into labour for a little while yet. 5 positive ways to prepare for labour If you 're feeling a bit anxious about giving birth, there are things

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you can do that may help. Here 's some helpful advice from mums who 've been there.

Labour & birth |

Tommy's

"Ina May's Guide to

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inspiring read and

gives women the

opportunity to take

back the fear of

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Childbirth by regaining confidence in their bodies. It tells you everything you need to know to have the best birth experience for you - whether in a hospital, birthing centre or the comfort of home.

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A groundswell of
women are taking
back their pregnancy
and childbirth and

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Embracing a more natural approach. To help you join them, Genevieve Howland (aka Mama Natural) has created The Mama Natural Week-by-Week Guide to Pregnancy & Childbirth. The book demystifies natural pregnancy and walks you through the process one week at

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Pregnancy

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Endorsed by the likes
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Giovanna Fletcher,
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is a no-nonsense
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Guide And

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I ' ve tried my best to
cover the important
topics and hope this
book will solve all
your queries, myths,

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confusion and nervousness about the Pregnancy and the Child Birth. The book A to Z of Pregnancy – The Complete Guide to a Healthy Pregnancy and Childbirth is divided into five sections according to the different phases of pregnancy. I ' ve included many

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Questions that come to your mind while being pregnant and after pregnancy.

A to Z of Pregnancy:
The Complete Guide
To Pregnancy and ...
You might be able to attend introductory classes on baby care early in pregnancy, but most antenatal classes start around

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8-10 weeks before your baby is due, when you are around 30-32 weeks pregnant. If you're expecting twins, triplets or more , start your classes when you're around 24 weeks pregnant , because your babies are more likely to be born early.

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