

Personal care plans



As part of our work to improve care for our local women in line with the recommendations in *Better Births*, we now have a personal care planning tool available for all women, in two different formats; booklet and digitally on the mum & baby app



Health and wellbeing in pregnancy



Personalised birth preferences



After your baby is born



Birth reflections

Personal care plans help women to explore, understand and record their individual choices for pregnancy, birth and early parenthood

Ask your midwife for more information or download the app to your phone/tablet – just search for mum & baby



A guide on how to use these plans as part of routine care will be shared with midwives and obstetricians in the near future

Contact your midwife for more information



BETTER BIRTHS

