

ANTENATAL DISCUSSION CHECKLIST

All pregnant women and their partners should receive information and opportunities for one-to-one discussion before 32 weeks of pregnancy on the following:

Topic to discuss	Signed and dated by midwife / doctor	Notes for follow-up/ handouts used
<p>Supportive labour and birth practices have a positive effect on mothers and infants. These include:</p> <ul style="list-style-type: none"> • having a companion for support, • moving about and using positions that are comfortable, • choosing pain relief that allows baby and mother to be alert. 		
<p>Skin to skin contact at birth, and for at least one hour helps mother and baby to bond with each other and helps mother to relax after birth. It helps baby:</p> <ul style="list-style-type: none"> • to stabilise breathing and heartbeat, and to stay warm, • to be protected from hospital infections (colonised with mother's bacterial flora), • to start breastfeeding. 		
<p>Breastfeeding is the normal way to feed and care for a baby. It is important to the health of the baby and the mother.</p> <ul style="list-style-type: none"> • Babies are at less risk of chest and tummy infections, SIDS, allergies, obesity and diabetes. • Mothers who breastfeed are at less risk of breast cancer, obesity and heart disease. • It provides all the baby needs for the first 6 months. • Breastfeeding continues to be important after 6 months when other foods are given. 		
<p>Breastfeeding in the first hour after birth provides:</p> <ul style="list-style-type: none"> • a good start to baby's immune system, • food and comfort. 		
<p>Keeping baby near (rooming-in):</p> <ul style="list-style-type: none"> • helps the mother to learn about her baby, • is safer, and with less risk of infection from others. 		
<p>Good positioning, attachment and suckling help</p> <ul style="list-style-type: none"> • the baby to get enough milk and • mother to be comfortable when feeding. 		
<p>Feeding on demand or baby-led feeding, and frequent feeding are needed to develop a good milk supply</p>		
<p>Giving formula or water supplements or using a soother in the early weeks can reduce the milk supply and affect baby's health. Discuss with midwife or other health professional before any supplements are given.</p>		
<p>If considering formula feeding, know the type for young infants, the cost of using formula, the safety of local water supply, equipment needed, and the risks of incorrect use of formula.</p>		
<p>The midwives on the postnatal ward will help with learning to feed and care for baby. Most parents have questions and midwives expect to be asked.</p>		
<p>The Public Health Nurse, other health services and support groups are in the community. It is good to meet these people during pregnancy.</p> <ul style="list-style-type: none"> • Contact details given 		
<p>Information given on antenatal classes</p>		
<p>If there are concerns or previous poor experience, arrange for a discussion with lactation consultant, CMS, voluntary supporter or other knowledgeable person.</p>	<p>Referral arranged:</p>	

See BFHI Link Issues 22, 24, 32 and other Issues for more information on antenatal discussions.