

**C , , :
Looking after
yourself and your
baby in pregnancy**



It is important you continue to attend antenatal appointments to monitor your and your baby's health and wellbeing. Where appropriate, your hospital may offer you an appointment by phone or video call to reduce unnecessary travel.

If you have any concerns, contact your midwife or maternity team. Do not wait until the next day or your next appointment.

B Every baby is different - no particular number of movements is considered 'normal' - so it's important to get to know how your baby moves.

From 16-24 weeks on you should feel your baby move more and more often, up to until 32 weeks when movements roughly stay the same until you give birth. It is not true that babies move less towards the end of pregnancy, so please contact your midwife or maternity team immediately, if you think your baby's movements have changed, slowed down, or stopped.

It is normal to feel a bit anxious during pregnancy. If you are feeling anxious or stressed, breathing deeply can help. Try to take some time out for you - perhaps listen to your favourite music, relax with a book or talk to a supportive friend or family member. You can get information on maintaining mental wellbeing:

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If you feel anxious or stressed all the time, talk to your GP, midwife or maternity team. They will help you access the right support and treatment, if you need it.

Enough sleep, exercise and a well-balanced diet are important for maintaining a healthy weight, good circulation and physical wellbeing.

There are lots of ways to stay active in pregnancy, such as a gentle walk, gentle stretching or yoga. For information on staying healthy during pregnancy visit: [4](#)

Stopping smoking will benefit both you and your baby immediately. It's never too late and you are up to four times more likely to stop smoking successfully with support. Please speak to your midwife or maternity team. They can refer you to specially trained staff who can advise you on the best way to manage your cravings and become smoke free.

