

Helen Cabot – 9 February 2021

Antenatal Care- throughout my 2nd pregnancy which was May 2020, I was placed under consultation care due to my 1st pregnancy complications. In that time I saw approx 10 different doctors/consultants. For me there was no consistency of care, each appointment started with me having to provide a back story to my last pregnancy, and each and every consultant/doctor had a very different opinion. If you are allocated under a specific consultant it should be that consultant you see throughout. Mental health- I was fortunate enough to attend the Pregnancy in Mind course run by the Nspcc, this is a fantastic course, but personally I don't feel this course is promoted enough to expectant parents. This course would be of benefit to all parents to be, and would certainly highlight how you handle emotions, meditation & relaxation and when to know if things aren't right such as possible post natal depression.

Midwife care- I have had amazing midwife care both times I have been in hospital. Just need more fantastic and caring staff, whom were very supportive of my birthing choices. Scbu- although my experience of scbu was almost 7 years ago, I also know that they are an amazing team, and that the support they provide when you have a sick or premature baby is outstanding.