

Welcome to...

Bump Start



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



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Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board

Bump Start - our specialised antenatal service to help you manage your weight in pregnancy.

We have measured your height and weight so that we can work out your Body Mass Index (BMI).

If your BMI is

You are...

18.5 or less

Underweight

18.5 to 24.9

Healthy weight

25 to 29.9

Overweight

Over 30

Very overweight

Being overweight at the start, or gaining too much weight during pregnancy, increases the health risks for you and your baby. The Bump Start team will offer you specialised information and advice. This support can help reduce the risks for you and your baby's health during pregnancy and following birth.

Risks for you

- Miscarriage
- High blood pressure
- Diabetes in pregnancy
- Shoulder dystocia (baby's shoulders getting stuck at delivery)
- Failed epidural or spinal anaesthesia
- Thrombosis (blood clot)
- Failure to progress in labour. This can lead to an increased risk of caesarean section and too much bleeding after the birth.
- Wound infection



Risks for your baby

- Premature birth
- Low birth weight
- High birth weight
- Poor health at birth due to problems during pregnancy, labour or the birth.
- Long term weight problems for your child





“Bump Start has been very helpful and given me the confidence to manage my weight.” - Bump Start Service User

Managing your weight in pregnancy

Managing your weight during pregnancy is not about dieting or trying to lose weight, as this may harm the health of your unborn child. Instead, it's about looking after yourself and your baby by eating well and keeping active. This can help you:

- Avoid putting on too much weight
- Have a more comfortable and enjoyable pregnancy
- Reduce the risk of pregnancy complications
- Have less weight to lose after you have had your baby
- Ensure your baby is following a healthy growth pattern



Looking after you

Support

We understand that it may be difficult to talk to someone about your weight. All staff will be sensitive towards you. We want to support you with clear practical advice to help you feel your best at this important time. The focus of this service is a healthy mother, healthy baby and a positive birthing experience. Choices and options around lead professional, including midwifery led care and place of birth are will also be discussed.

Healthy Lifestyle

For Women with BMIs 35 to 39.9 additional support will be provided by your community midwife at 16, 24 and 36 weeks at longer appointment slots. If your BMI is 40 or over or if you have specific dietary concerns your appointment will be with the Public Health Midwife. At these visits total health and wellbeing will be addressed including the setting of mutually agreed nutritional and activity goals.



Staying Active

Staying active is a key part of your health and wellbeing. It is important in preparing your body for labour, birth and the early days which follow. The Bump Start team will provide more information and ideas about how you can do this.



Our service users have told us...

"I wish there had been a Service Such as Bump Start when I had my first baby."

"It's really nice to have more time to chat with Someone about my diet and exercise."

"Having this service has helped me to think about being as healthy as possible during my pregnancy."

"I am going to shop healthier and get my partner involved with healthy eating and activity."

For more information please contact:

Public Health Midwife Tel: -----

Community Midwife Tel: -----

Have you got your Copy of Bump, Baby & Beyond?



In here you'll find lots of handy tips and information about pregnancy, birth and the early years. You can also access it online:

www.bumpbabyandbeyond.wales.nhs.uk