

# HAVING A BABY?

## Take a look at our Padlet



The collage features several digital resources:

- Apps and Resources**: Includes a screenshot of the **Mum & Baby App** with the text: "The app aims to improve women's experiences of maternity care and ensures the information received is consistent across PAH, Lister and Watford Hospitals". Below it, a card asks "How do I download the mum & baby app?" and provides links to download for **Apple** and **Android**.
- Staying Healthy in Pregnancy**: Includes a **Healthy Start Vitamins** poster with the text: "For more information or to check your eligibility please speak to your Midwife or contact the Healthy Family Team on 0300 247 0122. Further information can be found on [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)".
- Smoking in Pregnancy**: Features the **Smokefree ACTION** logo with the slogan "IT'S ABOUT HEALTH AND IT'S ABOUT TIME" and the website [smokefreeaction.org.uk](http://smokefreeaction.org.uk). It also includes a video thumbnail titled "Test your breath: information for pregnant women" and a card titled "Why carbon monoxide screening matters" explaining the risks of CO exposure.
- Blood Tests, scans and vaccinations in pregnancy**: Includes a card for "Screening information quick links" with QR codes for "Screening tests for you and your baby" and "Screening tests for you and your baby easy guides". It also lists "Antenatal screening information quick links" with the URL <https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby>.
- Taking Folic Acid and Vitamin D in Pregnancy**: Includes a video thumbnail showing a woman holding a "vitamin tablet".
- Common C** and **GBS**: Partially visible cards at the top right.

