

Feel nurtured on your parenting journey.  
From pregnancy, birth & beyond.  
Papamoa, Te Puke & Mount Maunganui

Midwife  
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Congratulations on your pregnancy. I will now be your midwife, caring for you throughout your pregnancy, birth and postnatal journey.

My aim is to keep you well informed during your pregnancy and help you to make decisions about your care.

You will have appointments with me every 4-6 weeks until 28 weeks of pregnancy, then I will see you every two weeks until 36 weeks and then weekly until you give birth to your baby. Postnatally, I will visit at home for the first two weeks then either at home or in the clinic for the next 2-3 weeks. I will then discharge you to the Plunket or Pepi Ora wellchild service.

Myself or a back-up midwife is available 24 hours a day for emergencies & births. However, for all non emergency requests, I ask you to send a text which will be replied to, in normal working hours, Monday to Friday. This may take up to 48 hours, so please be aware of this when requesting prescriptions, scan and pathlab forms. If you need a prescription or lab form please let me know which pharmacy/lab/ultrasound you want the form sending to, on the text message. Most antenatal and postnatal care concerns are non-urgent. Please remember births often occur during the night, so I may be sleeping during the day. Please think before you ring.

#### **When to RING your midwife, not text**

Bleeding that soaks a pad

Severe abdominal pain in your second and third trimester, constant, excruciating

Reduced fetal movements from 28 weeks

Ruptured membranes - your waters have broken,

Labour

When to go to ED

If you are bleeding and are less than 20 weeks gestation

If you are chronically unwell which is not pregnancy related

Your GP is the person to see for non pregnancy related illnesses

### **Timeline of care**

Up to 12 weeks - Initial booking appointment, forms for 1st bloods and scan given

10 weeks - MSS1 antenatal screening plus 1st antenatal blood & urine tests

<https://info.health.nz/pregnancy-children/pregnancy-newborn-screening/blood-tests-pregnancy>

<https://www.healthed.govt.nz/resource/antenatal-screening-and-testing-down-syndrome-and-other-conditions>

12 weeks- 1st trimester scan & nuchal screening

16 week- appointment to discuss 1st scan and blood results plus form for 2nd trimester anatomy scan given

<https://nationalwomenshealth.adhb.govt.nz/assets/Womens-health/Documents/Pregnancy/Fetal-Anatomy-Scan.pdf>

22 weeks- appointment to discuss anatomy scan and form for 2nd trimester bloods, which include polycose

<https://www.health.govt.nz/your-health/pregnancy-and-kids/services-and-support-during-pregnancy/pregnancy-screening-tests/blood-tests-pregnancy/testing-diabetes-pregnancy>

26 weeks- appointment to discuss 2nd trimester bloods,

30 weeks- appointment

32 weeks- birth plan, one hour appointment to discuss your birth with you and your partner

34 & 36 weeks- appointment

Weekly appointments until birth

### **Postnatal**

Initial visit- Examination of the newborn

<https://www.health.govt.nz/your-health/pregnancy-and-kids/first-year/first-6-weeks/health-checks-first-6-weeks/checking-your-baby-birth-and-soon-after>

48-72 hours- Newborn blood screening

<https://www.nsu.govt.nz/system/files/resources/your-newborn-babys-blood-text-oct17.pdf>

Day 5- 7 weigh.

<https://www.whattoexpect.com/first-year/health-and-safety/newborn-weight-average-gains-loss/>

Week 2- 2 x home visits

Week 3-5- once a week appointment

Week 5 discharge to well child services

<https://www.plunket.org.nz/plunket/about-plunket/>

<https://temanutoroa.org.nz/community-services/pepi-ora-well-child-services/>

<https://bellyful.org.nz/>

## Information and advice

I have spent a lot of time compiling useful antenatal, birth and postnatal information. The information I send you is factual, easy to understand and informative. You can find these at:-  
Instagram @lisa kennedy midwife

YouTube channel @ Papamama bub hub

<https://youtube.com/playlist?list=PLKzoyYVmWEIdHTYIiMVFGs1pz4ljQB207>

I will often send out videos for you to watch to inform your decision making. Please take time to watch these. I often send out links for information from health navigator, healthline, plunket and other reputable resources, in answer to your questions.

## Pregnancy

Pregnancy is an amazing journey, that is exciting, worrying and sometimes uncomfortable.

The first trimester. It is the stage that on the outside you do not appear to be pregnant, but on the inside you are growing a whole human, arms, legs, the lot. Your body is working extremely hard to create this baby and you can often feel very tired, crampy, with little twinges and aches and nauseous. Good nutrition, plenty of water and rest are needed.

<https://www.healthnavigator.org.nz/healthy-living/p/pregnancy-first-trimester/>

<https://www.tommys.org/pregnancy-information/im-pregnant/pregnancy-calendar/first-trimester-weeks-1-12>

The second trimester, you finally start to see your bump and feel your baby kick. As the uterus grows in size, it is pushing all of the other belly organs out of the way and is stretching ligaments and muscles. Good support, such as a pregnancy belt, regular exercise and physio is important.

<https://www.healthnavigator.org.nz/healthy-living/p/pregnancy-second-trimester/>

<https://www.babyonline.co.nz/products/belly-brace-black>

<https://www.tommys.org/pregnancy-information/im-pregnant/pregnancy-calendar/second-trimester-weeks-13-28>

The third trimester, your body is preparing for birth. Use this time to learn about birth, practice mindfulness, hypnobirthing, and other techniques to help you on your 'birth day'. This is also the time to remember, birth is not the end of the journey, it's the beginning. You cannot watch enough breastfeeding videos, how to bathe baby, how to soothe baby etc. These will be invaluable to you once your baby is born.

<https://www.tommys.org/pregnancy-information/im-pregnant/pregnancy-calendar/third-trimester-weeks-29-40>

## **Working and pregnancy**

You are entitled to 10 special leave days to attend your antenatal appointments

[https://birthcare.co.nz/wp-content/uploads/sites/12/2021/07/49\\_3\\_your-rights-as-a-pregnant-worker.pdf](https://birthcare.co.nz/wp-content/uploads/sites/12/2021/07/49_3_your-rights-as-a-pregnant-worker.pdf)

<https://employsure.co.nz/guides/maternity-and-parental-leave/special-leave/>

I will supply you with a maternity leave letter to give to your employer, so you can arrange maternity leave. Remember, you are still entitled to all the annual leave you have accrued.

I can provide sick notes for pregnancy related illnesses only.

Kind regards

Lisa