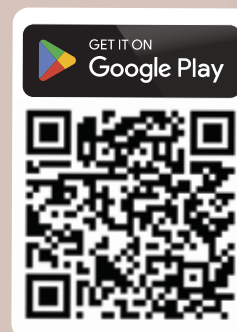
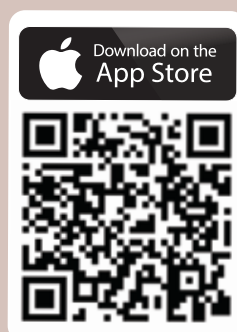




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Booking an appointment has never been easier.



مبروك الببي
MABROOK AL BABY
MATERNITY PROGRAMME



At NMC, we are dedicated to providing comprehensive care for women of all ages. Whether you're currently pregnant or planning for a future pregnancy, we're here to support you every step of the way.

If you're pregnant: This booklet is designed to support you through your pregnancy journey. It offers valuable information and resources to help you stay informed.

If you're planning to get pregnant: We recommend scheduling a Well-Woman check-up with your gynecologist. This appointment will help ensure that your body is prepared for pregnancy and identify any potential health concerns. Your doctor will conduct a thorough evaluation, provide education, and recommend necessary supplements, such as folic acid.

Once you miss your period and receive a positive pregnancy test, this booklet will serve as your trusted companion throughout your pregnancy. We're excited to be a part of this special journey with you.

Please enter the following data: _____

Last menstrual period LMP: _____

Expected date of delivery (40 weeks gestation) EDD: _____



Personal Details

Name of the Child: _____

Gender: ☐ Male ☐ Female

Blood Group: _____

Date of Birth: ____/____/____ Time of Birth: _____

Weight of Baby: _____ Length of Baby: _____

Consulting Dr: _____

Nurse: _____

Paediatric Dr: _____

Mother's Name: _____

Mother's Blood Group: _____

Father's Name: _____

Father's Blood Group: _____

Contact Number (Mother): _____

Contact Number(Father): _____

Family History: _____

- Straining and crying during passing motion or even urine.
- Hiccups – may be improved by feeding more milk, especially by spoon.
- Breast enlargement of the baby and milk coming through the breast.
- White discharge from vagina. • Minor bleeding from the vagina between the 3rd-5th of life.

Skin Rashes: Skin rashes will come and go in the first few days. There is no need to use medication to treat the rashes.

Vaccinations: A newborn baby is given the BCG vaccine to protect against Tuberculosis and the first dose of the Hepatitis B vaccine, before being discharged from the hospital.

Newborn Screening: The Department of Health recommends that blood tests are performed on the baby on the second day of life. The tests are performed with blood sample taken by a heel prick and is tested to screen for 10 serious diseases. A hearing test is also performed before being discharged.

Care at Home – at a glance:

- Feed your baby as advised by your doctor, approximately every 2-3 hours. Keep your baby awake during the feed. Burp the baby after feeding by patting gently on the back.
- Bathe your baby with lukewarm water. Do not add soap or medicines to bath water.
- Use a vegetable oil like olive oil or coconut oil to massage the baby before bath. Discontinue the massage for 1-2 days if a rash appears.
- If baby's tongue shows white deposits, this may be a fungal infection. Contact your doctor and do not try to clean it yourself. Do not rub it with a cloth or put honey on it.
- The breast buds of the baby must not be squeezed.
- Cut your baby's nails with baby scissors rather than a nail clipper. Do not use or apply kajal, surmah, etc to the eyes. Avoid ear buds.
- Avoid over-dressing your baby. If you find your baby is warm, remove clothes and check again after 10 minutes. Use air conditioning at a usual comfort level (between 24-26 degrees Celsius).
- When washing baby's clothes, do not add Dettol, Savlon, or any medicated substances. Rinse the clothes with water in an additional cycle at the end of the wash.
- Please contact NMC for assistance if your baby shows lethargy, undue irritability, persistent refusal to feed, fever, persistently cold body parts, colour change (very pale, blue or yellow), incessant crying, difficulty breathing, excessive vomiting, swelling in groin, or any other features that concern you.

Important tip: Following your baby closely with a paediatrician is crucial. They will guide you through monitoring your baby's growth and development in the first months and provide step-by-step advice on nutrition to ensure safe and healthy growth.

Welcome to Your Pregnancy Journey

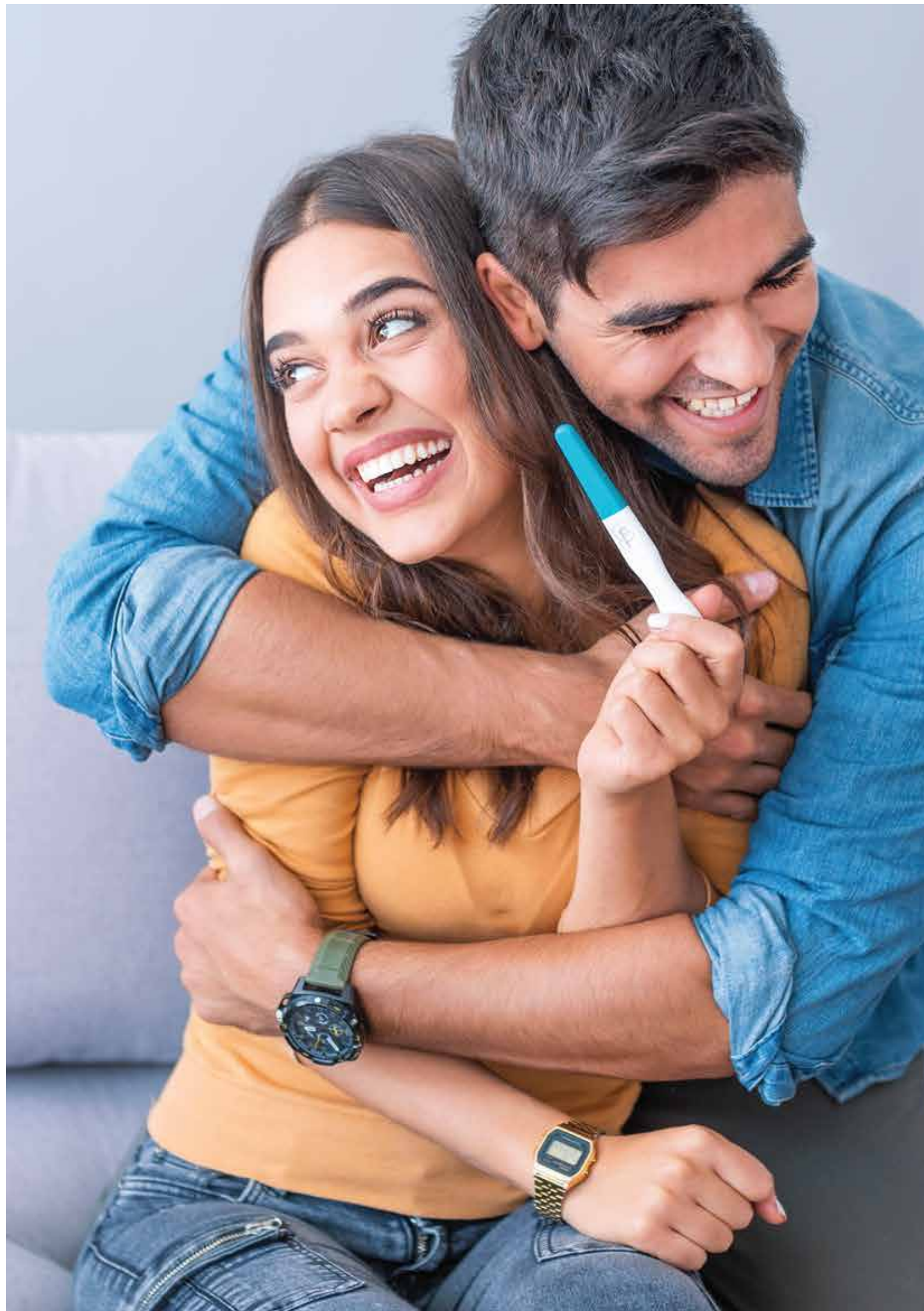
Congratulations!

As an expectant mother, this booklet is designed to be a valuable resource, providing essential information and guidance at every stage.

This booklet is designed to be an informative guide for each stage of your pregnancy. Refer to the section that matches your gestational age for specific information. Always consult with your healthcare provider for personalised care, medical advice, and recommendations.

Use this booklet along with our Mabrook Al Baby classes for further support and education along this journey.





Feeding

- WHO and the Department of Health Abu Dhabi strongly recommend breastfeeding exclusively for at least the first 6 months of your baby's life. Breast milk protects your baby against infection and provides all of your baby's nutrition, promotes mother and baby bonding and benefits mother's health.
- Try breastfeeding as soon as your baby is born.
- Breastfeeding on demand is recommended.
- Your doctor will counsel you on the value of colostrum and how to store your milk.
- Your doctor or lactation specialist will help you to overcome obstacles with breastfeeding and will help you if alternatives are needed.

Bathing your Baby

Prepare the water to be around 37 degrees Celsius. When lowering the baby into the water, support the head, neck and shoulders with one hand, and cup the baby's bottom with the other. Take care of the cord by keeping it dry and clean. You can give your baby a bath every other day, 2-3 times per week.

Common facts: Do's & Don'ts

- Feeding your own breastmilk to your baby is best. Even if your breastmilk isn't coming, put your baby to your breast every 2-3 hours. Your milk output will increase over the days as your baby suckles. For first time mothers, it may take a little longer to produce adequate supplies of milk.

Stool Frequency:

A newborn passes the first stool / meconium within 24 hours. Initially, it is black and sticky. Within 2 to 4 days, it becomes green or yellow.

Urine: A newborn passes urine within the first 48 hours after birth. From the 3rd day onwards, a newborn baby is expected to pass urine every 4 hours or more.

Weight: Don't worry if you see your baby lose weight in the first few days of life. Babies start gaining weight and will return to their birth weight by 10-14 days of age.

Umbilical Cord: The stump of the umbilical cord will shrivel and fall off after around 10 days. After bathing your baby, let the cord dry.

Physiological Jaundice: Seven out of 10 babies get jaundice in the newborn period. It occurs when discarded Haemoglobin in the baby's blood breaks down. Jaundice may appear on the 2nd or 3rd day and starts to go away after a few days. Severe jaundice may harm a newborn, so your doctor will perform a blood test on your baby and provide treatment, if necessary.

Eyes: Baby's eyes may water for a few days and up to a few weeks. With gentle massage of the inner angle of the eye, it will improve.

Normal occurrences: Vomiting, or small possetting / regurgitating of milk soon after being fed is common.

Guide to Breast feeding:

1. Establishing a Good Latch:

- **Positioning:** Ensure your baby's mouth covers as much of the areola (not just the nipple) as possible to prevent nipple soreness.
- **Support:** Use pillows or cushions to bring your baby to breast level to avoid leaning over, which can cause back discomfort.

2. Frequency and Duration:

- **Feed on Demand:** Breastfeed whenever your baby shows hunger cues (rooting, sucking motions, hand-to-mouth movements).
- **Cluster Feeding:** It's normal for babies to feed more frequently during growth spurts; allow for extra feeding sessions.

3. Nutrition for Breastfeeding:

- **Stay Hydrated:** Drink plenty of water throughout the day to maintain milk supply.
- **Balanced Diet:** Consume nutritious meals with plenty of fruits, vegetables, lean proteins, and whole grains.

4. Breast Care:

- **Nursing Bras:** Wear comfortable, supportive nursing bras that allow for easy access during feedings.
- **Nipple Care:** Apply lanolin cream after feedings to soothe and protect nipples if they become sore or cracked.

5. Breastfeeding Positions:

- **Cradle Hold:** Hold your baby in your arms with their head resting in the crook of your elbow.
- **Football Hold:** Hold your baby at your side, tucked under your arm like a football, which can be useful after a C-section or for smaller babies.

6. Signs of Effective Feeding:

- **Audible Swallowing:** Listen for swallowing sounds during feeding, which indicates your baby is receiving milk.
- **Relaxed Hands:** Your baby's hands should be open and relaxed, not clenched.

7. Seeking Support:

- **Lactation Consultant:** If you're having difficulties or concerns, consult a lactation consultant for personalised guidance.
- **Support Groups:** Join breastfeeding support groups online or in your community for encouragement and advice from other breastfeeding mothers.

8. Returning to Work or School:

- **Pumping:** Invest in a quality breast pump to express milk while away from your baby.
- **Storage:** Store expressed milk in labelled containers or bags in the refrigerator or freezer according to guidelines.

9. Weaning:

- **Gradual Transition:** Introduce solids gradually around six months while continuing to breastfeed or provide expressed milk.
- **Emotional Support:** Be prepared for mixed emotions during the weaning process, both for you and your baby.



First Trimester (Weeks 1-12)

MONTH 1 (Weeks 1-4)

Your Baby's Size: Your baby is the size of a poppy seed.

Development Highlights:

- The fertilized egg implants in the uterus.
- The placenta and amniotic sac start forming.

Your Health:

- Start taking prenatal vitamins with folic acid.
- Schedule your first prenatal visit.

Common Discomforts:

- Fatigue, breast pain, mild cramping

Frequency of Visits:

- Schedule an initial visit to confirm your pregnancy and discuss your health. You may be asked to do a blood-based pregnancy test to confirm your pregnancy.

MONTH 2 (Weeks 5-8)

Your Baby's Size: Your baby grows from the size of a poppy seed to the size of a raspberry.

Development Highlights:

- The heart starts beating.
- Major organs begin to develop, and limb buds form.

Your Health:

- Morning sickness may begin.
- Continue taking prenatal vitamins and/or folic acid.

Common Discomforts:

- Nausea and breast tenderness.

Frequency of Visits:

- Follow-up visit between 10-11 weeks gestation to check on the development and health of the fetus.
- You will be referred for a Nuchal Translucency Test (ultrasound) at 12-14 weeks gestation.
- Routine antenatal tests (also known as 'booking bloods') may also be taken to determine your blood group, screen for blood borne infectious disease, and check for your rubella immunity status. Your doctor will determine if you need further testing (such as a Toxoplasmosis test if a cat lives in your household).

MONTH 3 (Weeks 9-12)

Your Baby's Size: Your baby is about the size of a lime.

Development Highlights:

- Facial features become more distinct.
- The baby starts moving, though you might not feel it yet.

Your Health:

- Monitor your weight and nutrition.
- Avoid alcohol, tobacco, and recreational drugs.

Common Discomforts:

- Morning sickness may continue.
- Frequent urination.

Frequency of Visits:

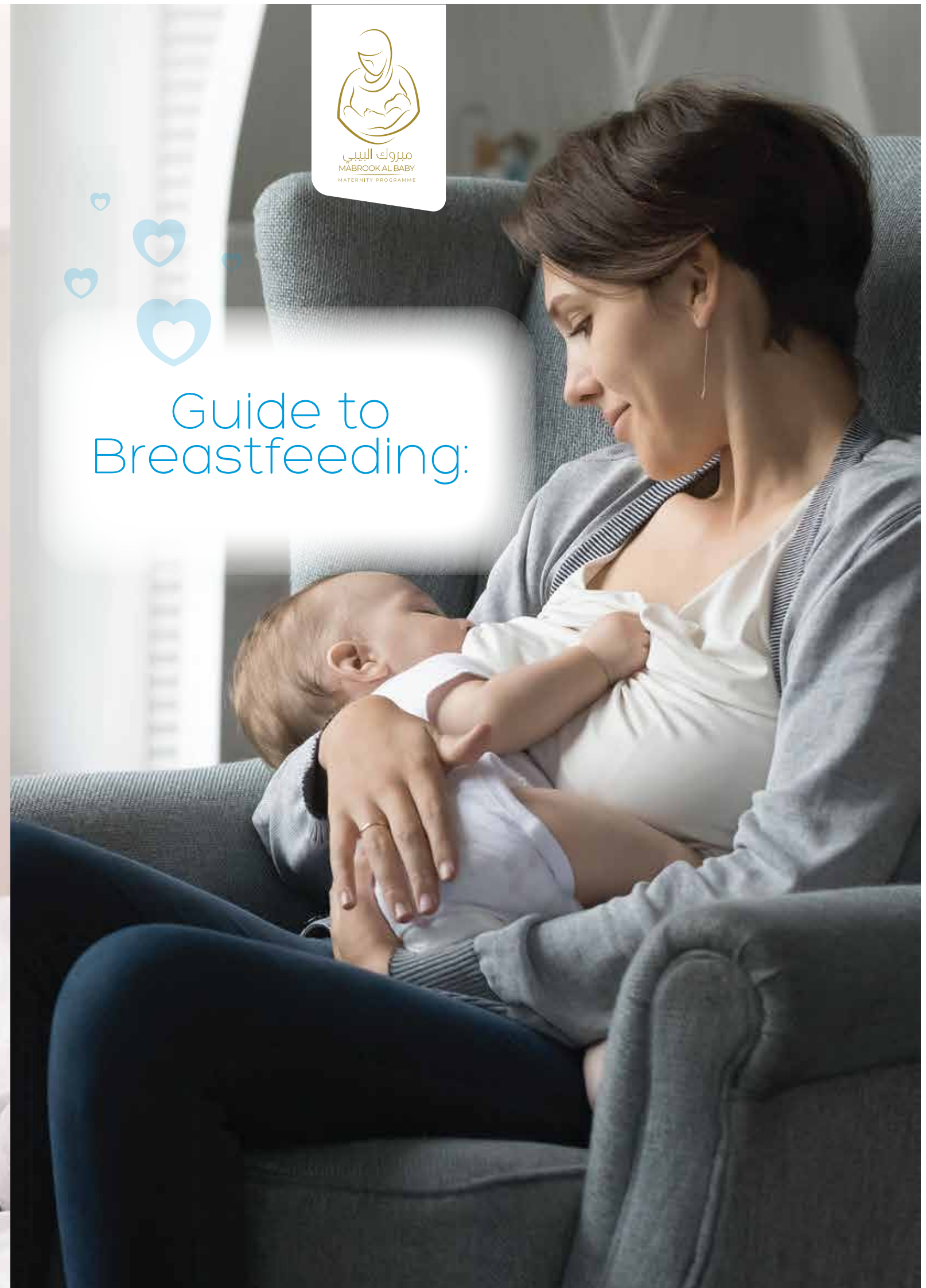
- Monthly check-up to monitor health and progress.
- Weight and blood pressure will be checked every visit.

Tests and Ultrasounds: • Non-Invasive Prenatal Testing (NIPT) can be done from the 10th week of pregnancy. NIPT screens for risks of certain chromosomal abnormalities in the fetus. • Nuchal Translucency (NT) scan will be done between 12-14 weeks to assess the risk of Down Syndrome.

- Your expected date of delivery will be confirmed in this visit.



Guide to Breastfeeding:



Common Symptoms & Management

Nausea: Eat small, frequent meals, avoid strong smells.

Fatigue: Take naps, go to bed early.

Heartburn: Eat smaller meals and avoid lying down immediately after eating. Have your last meal 2-3 hours before sleeping.

Swelling: Elevate your feet, stay hydrated, avoid sugary foods.

When to Call Your Doctor

- Heavy bleeding, severe abdominal pain, severe headaches or vision changes
- Decreased fetal movement
- High fever
- Bleeding that is bright red needs to be reported, even if minimal
- Cramps or period pains that are becoming regular and more intense.
- Leaking or a gush of fluid that suddenly soaks your underwear.

Postpartum Care

Breastfeeding: Just after birth, babies are placed on your chest to initiate skin-to-skin contact. This Golden Hour helps you bond with your baby and is a good start for breastfeeding. At NMC, we advocate for breastfeeding and our lactation specialists will help you right after birth, or any time after you have returned home.

The first milk you produce is called colostrum. It is pale yellow and sticky, nutrient dense, and rich in immune factors that help to protect your baby from infections.

Remember, breastfeeding can be challenging, especially at the beginning. Do your best to keep trying, stay well hydrated, avoid caffeine and sugary foods.

Baby's Appearance: When babies are born, they are covered with vernix, which is a white, creamy material on their bodies. The vernix protects the baby's skin in the first 24 hours after birth. It will be washed off 24 hours after birth.

Postpartum Depression: Be aware of signs of postpartum depression. It is normal to experience a low mood after the first two weeks of birth. This is due to a number of factors, including hormones, sleep disturbances, and cluster feeding of the baby.

Refer to our breastfeeding guide at the end of this booklet.

Schedule a postpartum visit 4-6 weeks after birth. Your doctor will schedule it sooner, if needed upon discharge.

The purpose of this visit is to perform a PAP test to screen for cervical changes that could lead to cancer later. Counselling on contraception will also be provided.



Welcome to the Second Trimester (Weeks 13-26)

Some of the experiences of your first trimester, such as nausea and vomiting, reduce or go away completely in your second trimester, making your pregnancy more comfortable.

MONTH 4 (Weeks 13-16)

Your Baby's Size: Your baby is about the size of an avocado.

Development Highlights:

- Bones harden, and muscles begin to develop.
- You may start to feel the baby move at the end of the 16th week. The movement resembles having “butterflies in your stomach” or gas. If this is your first pregnancy, you may not experience this until the 19th week.

Your Health:

- Regular pre-natal check-ups, every 3-4 weeks.
- Consume plenty of water to stay hydrated and have a balanced diet.

Common Discomforts:

- Round ligament pain.
- Constipation.

Ultrasounds:

- You will do an anomaly scan at 20-22 weeks. This is an ultrasound to check for any structural problems with the fetus.

MONTH 5 (Weeks 17-20)

Your Baby's Size: Your baby is about the size of a banana.

Development Highlights:

- The baby can hear sounds.
- Fingerprints are forming.

Your Health:

- Continue safe exercises.
- Eat a balanced diet and drink plenty of water.

Common Discomforts:

- Back ache
- Leg cramps

Frequency of Visits:

- Monthly check-ups.

Ultrasounds:

- An anatomy scan will be performed at 20-22 weeks to examine the baby's organs and measure its growth.

Preparing for baby's arrival

Pack two bags, one for you and one for the baby. The baby's bag can stay in the car until the baby is born. This way your partner will have less to carry while helping you.

Labour & Delivery: Pack items to make you comfortable:

- Washcloths • Extra socks • Lip balm • Hair items
- Contact lens case + a pair of glasses (if applicable) • Important phone numbers
- Camera • 1-2 nursing bras (if you will breastfeed)
- Pajamas, slippers, robe (they will also be provided to you, if you prefer)
- Comfortable maternity clothes to wear home

For the baby: • Outfit to go home in • Blanket

Now is a good time to install the car seat in your car and have it inspected by a certified car seat technician.

NMC will provide:

- Pajamas, slippers, robe • Maternity disposable underwear • Pads • Baby nappies

Nutrition Tips

Balanced Diet: Fruits and Vegetables: Aim for a variety of colors.

Whole Grains: Choose whole wheat bread, brown rice, quinoa, and oatmeal.

Lean Proteins: Include lean meats, poultry, fish, beans, lentils, tofu, and nuts.

Dairy: Include milk, cheese, and yogurt.

Hydration: Drink at least 8-10 glasses of water a day.

Foods to Avoid: • Unpasteurized cheeses, deli meats, raw or undercooked seafood and eggs, high mercury fish, and excess caffeine.

Snacking Tips: Keep nutritious snacks on hand. Eat small, frequent meals.

Sleeping Tips

Importance of Sleep:

Quality sleep during your pregnancy is crucial for your baby's health and development.

Sleep Positions:

- Sleeping on your side is best – your left side is optimal. • If you sleep on your back, ensure you are propped up on pillows so that you are not lying completely flat.
- You may sleep on your tummy up until 10 weeks gestation; after that, it is not advisable.

Tips for Better Sleep: • Establish a bedtime routine. • Avoid screens before bed. • Keep your bedroom comfortable. • Stay hydrated but limit fluids in the evening. • Manage discomfort with extra pillows.

MONTH 9 (Weeks 31-34)

Your Baby's Size: Your baby is about the size of a pineapple.

Development Highlights:

- Baby gains weight quickly and develops layers of fat.
- Bones are fully developed but still soft.

Your Health:

- Monitor baby's movements.
- Finalise birth plan and childcare arrangements.

Common Discomforts:

- Braxton Hicks contractions (period-like pains that are not regular, nor intense).
- Frequent urination.

Frequency of Visits: • Every two weeks.

Ultrasounds: • Growth and position checks if needed.

.....

MONTH 10 (Weeks 35-40)

Your Baby's Size: Your baby is about the size of a watermelon.

Development Highlights:

- Kidneys and liver are fully developed.
- Baby's organs are ready for birth.

Your Health:

- Weekly pre-natal visits.
- Watch for signs of labour.
- Eat protein-rich foods.
- Avoid sugary foods.
- Start drinking raspberry leaf tea.
- Practice breathing exercises.

Common Discomforts:

- Pelvic pressure.
- Difficulty sleeping.
- Frequency of urination

Frequency of Visits:

- Weekly check-ups.
- A genital swab will be collected to screen for Group B Strep (GBS) bacteria at 35 weeks and above.
- Mode of delivery will be confirmed. If you are a candidate for a natural birth, the baby's head will be in the pelvis, the placenta site will be normal, amongst other indicators.
- Vaginal examination will be performed to check your cervical ripening. A membrane sweep will be performed.
- Discuss your options for analgesia.
- Cardiotocograph (CTG) may be performed weekly to check baby's activity and uterine activity.
- You may require a Kleihaur blood test after delivery if your blood group is RH negative.

Ultrasounds:

- Position and amniotic fluid checks if necessary.

MONTH 6 (Weeks 21-24)

Your Baby's Size: Your baby is about the size of an ear of corn.

Development Highlights:

- Skin is translucent, and brain development is rapid.
- The baby practices breathing movements.

Your Health:

- Maintain a balanced diet rich in iron and calcium.
- Stay active with safe exercises.

Additional Tests:

- You may be required to be screened for gestational diabetes if you have a history of gestational diabetes, insulin resistance, or if the baby is surrounded by excessive fluids.

Common Discomforts:

- Heartburn
- Swelling in the ankles and feet.

Frequency of Visits:

- 3-4 weeks if you do not have gestational diabetes.
 - 2-3 weeks if gestational diabetes is present.
-

MONTH 7 (Weeks 25-26)

Your Baby's Size: Your baby is about the size of a cauliflower.

Development Highlights:

- Eyes begin to open.
- Movements become stronger and more noticeable.

Your Health:

- Monitor fetal movements.
- Plan for maternity leave and childbirth classes through our Mabrook Al Baby programme.

Common Discomforts:

- Shortness of breath.
- Varicose veins.

Additional Tests:

- You will be screened for gestational diabetes if you were not previously tested.

Frequency of Visits:

- 3-4 weeks if you do not have gestational diabetes.
- 2-3 weeks if gestational diabetes is present.

Ultrasounds:

- Growth scans if there are concerns about the baby's size or if you have a high-risk pregnancy.



Third Trimester

(Weeks 27-40)

MONTH 8 (Weeks 27-30)

Your Baby's Size: Your baby is about the size of a butternut squash.

Development Highlights:

- Rapid brain growth.
- Lungs continue to mature.

Your Health:

- Frequent pre-natal visits.
- Monitor baby's movements.
- Prepare your hospital bag!

Common Discomforts:

- Insomnia • Back pain • Further swelling • Leg cramps

Frequency of Visits:

- Every two weeks.
- Additional testing for your blood group if you have an RH "negative blood group. I.e O-ve, A-ve, B-ve, AB-ve