

Helping you choose



North East and North Cumbria
Local Maternity and Neonatal System



Made by the Easy Info Team at Skills for People, employing people with a learning disability.



Helping you choose



Our service helps you when you are having a baby.

This leaflet tells you how we help you choose what happens when you have a baby.

It is important to trust each other. This means that we will be honest, listen and respect each other.

You choose



It is important that you choose what happens when you have a baby.

We will talk to you about the things that you can choose.

We will make sure you have good support.

How you choose



You can say what is important to you when you have a baby.

You can say no or yes.

You can think about it or change your mind.

We will not do anything until you say yes.

We will not think you have said yes or think you are ok with something.



We will listen to what you choose.



We will talk to other staff if we are not sure that what you have chosen is right for you.

Information



We will give you all the information you need to help you choose what happens when you have a baby.

The information will be easy to read and understand.

We will explain the information to you.

We will check you understand the information we give to you.

When you choose something that is hard to do



We will not just say no if you choose something that is hard for us to do.

We will think about the things we can do so you can have what you choose.

These are called **reasonable adjustments**.

Things we will talk about to help you choose



1

The good things that could happen.



2

The bad things that could happen.



3

The other things we can do.



4

How we feel.



5

What happens if we wait and have time to think.