

**Supporting the delivery of  
good practice in maternity  
services for parents with  
learning disabilities.**



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**Action Checklist**

January 2023  
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# Action Checklist



## Things you can do to ensure good maternity care for parents with learning disabilities

	Action	Date Completed
IDENTIFYING NEED	Refresh your understanding of what a 'learning disability' is and the differences between learning disabilities, neurological conditions, autism, mental health conditions and learning difficulties	
	Find out whether you need to make any reasonable adjustments to your practice at the booking in appointment, or as soon as possible if they are later in their journey	
	Record details of the reasonable adjustments required by the parent/s in the maternity notes and in the maternity passport	
PREPARING FOR PARENTHOOD	Check if a local maternity pathway exists for parents with learning disabilities and if so, ensure that this pathway is followed	
	Consider the scheduling, length and environment of future appointments around the needs of the parent/s to make sure they have sufficient practitioner time/contact to enable full explanations and to check understanding	
	Give verbal explanations and/or demonstrations about aspects of pregnancy matched to the needs of the parent	
	Provide antenatal and postnatal information in an appropriate format	
	Discuss suitable antenatal and postnatal education/preparation classes with the parent/s	
SUPPORTING JOURNEY TO BABY & BEYOND	Provide information on safeguarding and reducing risk in an appropriate format	
	Discuss with colleagues and the parent/s whether the involvement of children's social services would support the parent/s to prepare for parenthood	
	If safeguarding concerns have been raised and there is a possibility that the child may be removed, ensure the parents are given appropriate information and support	
	Make the parent/s aware of who their named midwife is and how to contact them, this should be written in their notes and their maternity passport	
	Identify a single point of specialist support and provide the parent with their name and how to contact them, this should also be written in their notes and their maternity passport	
	Provide parent/s with information on who to contact in different circumstances	
	Consider the value of an antenatal appointment with a Health Visitor and set this up for the parent/s if appropriate	
	Discuss with the parent/s their need for advocacy. This should focus on supporting the parent/s as well as safeguarding their child	
	Consider with the parent/s whether third sector support (voluntary/charity groups) is needed and provide parent/s with details	

