

Easy read

Booklet 2 of 4

# Your rights when your baby is born



**For parents with a learning disability**

**This booklet tells you what the law says are your rights**



Working Together with Parents Network  
Rhwydwaith Gweithio ar y Cyd â Rhieni

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# How to use this booklet



This is an easy read version. The words are easy to read and understand.



You may need support to read and understand this booklet. Ask someone you know to help you.

Some words may be difficult to understand. These words are in **bold blue writing**. They are explained in a box underneath the words.

If any of the words are used later in the booklet they are shown in **normal blue writing**. If you see words in **normal blue writing**, you can look up what they mean in **Hard words** on page 15.



This booklet was made into easy read for the Working Together with Parents Network by Learning Disability Wales using Photosymbols.

This booklet is part of a set of 4 booklets about your rights as a parent:



### **Booklet 1 — Your rights when you are pregnant**



### **Booklet 2 — Your rights when your baby is born**



### **Booklet 3 — Your rights with social services**



### **Booklet 4 — Your rights when your child is taken away**

To get more copies of any of these 4 booklets please contact Samantha Williams, Policy and Network Co-ordinator:



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# European law on human rights



All the rights in this booklet are from the European law on human rights.



The law says people supporting you must keep your human rights.

There are different parts to the law called **Articles**.



**Articles** are parts of a law. They have numbers so you know which **Article** gives you the rights.

## Your right to choose how to give birth to your baby



**Article** 8 says you have the right to a private life and the family life you choose.



It also says you have the right to make decisions about your body.



# Your right to information that is easy for you to understand



**Article** 14 says you have the right to be treated fairly.



All women must be treated fairly by health staff when they are pregnant.

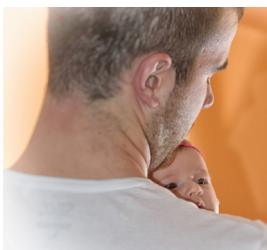


This means all information must be given to you in the best way for you to understand. This includes having the information in Welsh.



Health staff must give you all the time you need to ask questions.

They must give you the support you need.



Your baby's father has this right too.

# Your right to good health care

## Right to help with pain



Giving birth to a baby is painful.



You can have medicines that make giving birth less painful.

[Article 3](#) gives you this right.

## Epidural



An **epidural** is a medicine to make pain go away. A tube is put into your back. The medicine goes through the tube into your body.

An **epidural** is only safe at certain times when you are giving birth.



Health staff can refuse to give you an **epidural** when they think it is not safe.

They must explain to you clearly why it is not safe.



When possible they must offer you something else to help with the pain.

## C-section



A **C-section** is an operation to take the baby out of your tummy. A **C-section** is also called a **caesarean**.



You do **not** have a right to a **C-section**. You can only have one when it is needed.



If you ask for a **C-section** you will have to see staff that work in mental health.

They will talk with you about why you want a **C-section**.



Health staff may try to find a doctor to do a **C-section** if you want one. But they do not have to.



# Your right to decide your health treatment

You can decide:



- how health staff keep a check on how you are
- what machines are used to check on how you are
- if health staff can check inside you.



Health staff may want to do different treatments when you are giving birth.



**Article 8** says you have the right to decide which treatments you want to have.



You should be given information about the treatments in a way that you can understand.



The law says you can choose to give birth without any help from health staff.

But health staff may think this is not safe for your baby.



They might ask social services to check if you are a good parent.

## Your right to say no



You have the right to say **no** to any treatment health staff want to give you.

But health staff can decide **not** to listen to you if:



- you do **not** have **capacity**.



**Capacity** is about being able to make your own decisions. If you do **not** have capacity it means you **cannot** make a decision or choice for yourself.

- it is an emergency and you are too ill to agree to treatment.

# Help with giving birth



Sometimes you may have health problems that may affect your baby.

If this happens, health staff may want to **induce** your baby.



**Induce** means health staff give you medicines to make you start to give birth to your baby.

Health staff must explain clearly why they want to **induce** your baby.



They must tell you the good and bad things that could happen if you choose not to let them **induce** your baby.



**Article 8** says you have the right to say **no** to being **induced**.

You can say no even if health staff think it might be dangerous for you or your baby.

## Using **forceps**



**Forceps** are like a big pair of tongs. They are sometimes used to help get babies out.

Your baby may not come out of you easily.



Health staff may want to use **forceps** to help get your baby out.

Health staff must explain clearly to you why they want to use **forceps**.



They must tell you the good and bad things about using **forceps**.

**Article 8** says you have the right to say **no** to **forceps**.



Health staff must accept what you say.

If you say no to **forceps**, they must try to find another way to help get your baby out.

# What to do when your rights are not kept



Keeping to your rights when you are giving birth is an important part of law.



If you feel your rights have **not** been kept you may be able to take health staff to court.

You will have to pay a special **solicitor** to do this.



A **solicitor** is someone who is trained to understand the law.



You have the right to complain about what health staff did.

An **advocate** can help you with this.



An **advocate** is a person who speaks up for you or helps you to speak up for yourself.





You can complain to your local Community Health Council. There are 7 Community Health Councils in Wales.

Hospital staff can tell you how to contact your local Community Health Council.



The Community Health Council will help you with your complaint.

# Hard words

## Advocate

An advocate is a person who speaks up for you or helps you to speak up for yourself.

## Articles

Articles are parts of a law. They have numbers so you know which Article gives you the rights.

## Capacity

Capacity is about being able to make your own decisions. If you do **not** have capacity it means you **cannot** make a decision or choice for yourself.

## C-section or caesarean

A C-section is an operation to take the baby out of your tummy. A C-section is also called a caesarean.

## Epidural

An epidural is a medicine to make pain go away. A tube is put into your back. The medicine goes through the tube into your body.

## **Forceps**

Forceps are like a big pair of tongs. They are sometimes used to help get babies out.

## **Induce**

Induce means health staff give you medicines to make you start to give birth to your baby.

## **Solicitor**

A solicitor is someone who is trained to understand the law.