

Your rights when you are pregnant



For parents with a learning disability

This booklet tells you what the law says are your rights



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 12.



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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Your right to information that is easy for you to understand



When you are pregnant health staff should help you to understand what is happening to your body.

This could include:



- advice about medicines you may need
- how these medicines could affect you or your baby



- how your moods may change
- how your body may change.



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



You have a right to extra time when you see health staff. This means they can explain things properly to you.



Your baby's father has this right too.

Your rights with social workers



When you are pregnant some people may worry about how you will look after the baby.

If this happens a social worker will look at what you can do.



The social worker will decide what support you may need to look after your baby when it is born.

You have the right to say what help you think you will need.



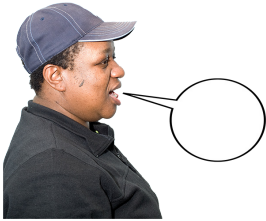
An **advocate** can support you with this.

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

The **advocate** can help you to:



- understand any letters sent to you
- get ready for meetings
- say what you think
- plan what to do next.



Some people have to go to court to decide about the support you need.



You have a right to a **solicitor** to help you in court.

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

Social services must tell you how to get a **solicitor**.

You have a right to **legal aid** to pay for the **solicitor**.



Legal aid is money from the government to help pay for a **solicitor**.

Your rights when you have a job



A law called the Equality Act says that when you are pregnant you have the right to:

- be treated fairly
- keep your job
- time off work to see health staff
- time off work if you are ill because you are pregnant.



You have a right to this information in the best way for you to understand.

Complaining when your rights are not kept

Healthcare staff



You may feel that health staff are not supporting you.



If this happens, try to explain to them how you feel. An **advocate** can help you with this.



If you are still not happy with the support you get, you can complain to your local Community Health Council.

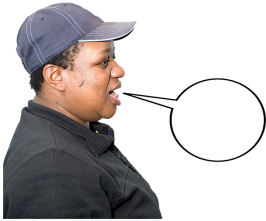


There are 7 Community Health Councils in Wales. Staff in your GP surgery can tell you how to contact them.



The Community Health Council will help you with your complaint.

Social services staff



You may feel your social worker is being unfair.

If this happens, try to explain to them how you feel.



If you are still not happy, you can complain to the local council where the social worker works.

The council will look at what you tell them and decide what needs to happen.



An [advocate](#) can help you with this.

Hard words

Advocate

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

Legal aid

Legal aid is money from the government to help pay for a solicitor.

Solicitor

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