

Supplementary document 2. Letter to women who had normal BMIs at booking



Supporting **W**omen with postnatal weight m**A**nagement**Nt**

Looking after your health after having a baby

Dear

We would like to invite you to take part in a study at [REDACTED] which aims to support women who may have gained more weight than they needed to during pregnancy to better manage their weight after giving birth.

Taking part in the study will involve an initial conversation with our study research midwives and then meeting with them at St Thomas' when you are around 34-36 weeks pregnant. They can meet with you when you attend for a routine appointment or at a mutually convenient time.

If you do decide to take part in the study you would also be invited to meet with one of the Research Midwives when your baby is 6 months and a year old. We will offer you a £10 shopping voucher at each time as a 'thank you' for your time and refund your travel expenses if required.

If you are interested in taking part in this study or if you have any queries please email us on [REDACTED] to discuss further.

Thank you very much for taking time to read this letter.

Best Wishes

[REDACTED]

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