perinatal institute
for maternal and child health

GROW 2.0
Information for mothers

What is GROW 2.0 ?

To monitor the growth of your baby, we use a software programme called GROW 2.0 which will produce a growth chart customised to your pregnancy. To do this, we will record details you provide about yourself, your medical history and previous pregnancies. We will enter, and share with you results of examinations and scans to check on progress and make sure your baby is growing well.

All information about you will be stored safely and confidentially. It will only be accessible to those who are involved in your care, and for helping the NHS to monitor the quality of service you will receive. Further information about the GROW App privacy policy is available here: https://www.perinatal.org.uk/Information/PrivacyNotice

How can I access it ?

If you would like to access an electronic copy of your growth chart, your midwife will save your email address in your GROW 2.0 record.

Follow the below steps to view your chart:

- You should receive an email with instructions to set up your account. You should do this within 72 hours, before the link expires.

- If you have any difficulties accessing your account, your midwife or antenatal clinic should be able assist you.

- Once you have set up your account, you will be able to view your chart in the GROW 2.0. web app: https://uk.growapp.org/

- Please ensure that you keep your log in details safe and ensure that you log out after viewing your chart.

- If you do not have an email address, or do not wish to access your chart online, your midwife can give you a paper copy of your chart.

Where can I find out more?

You can find more information about GROW 2.0 and customised charts (GAP programme) from the Perinatal Institute website:
https://www.perinatal.org.uk/