

Postnatal care: Where and when

This leaflet provides you with information about your postnatal care (care after birth). If you have any further questions, please ask your midwife.

Introduction

After your baby is born, your postnatal care in the community will be from a community midwife, helped by maternity support workers. Your health visitor will usually take over from our community team 10-14 days after your baby's birth.

Your first postnatal appointment

Following discharge from hospital you will be visited at home by a community midwife. She will involve you in planning your postnatal care dependent on your individualised needs. The home visits will be any time between 8.30am and 4.30pm, 7 days a week, including bank holidays. It is difficult to give an appointment time for home visits. Please remain at home until the midwife has visited.

If you do not receive a visit or haven't been contacted by 4.00pm, please telephone Marsh Ward on 0118 322 7319 or Iffley Ward on 0118 322 7323. Please make sure that your address and telephone number are correct on your discharge sheet so that the community team can visit you. If you have given birth at another hospital, please ensure that your information is correct and provide an up-to-date contact telephone number. Otherwise, it can create a delay in you receiving the appropriate care for you and your baby.

During your first visit at home, your midwife will review your records and check both your and your baby's wellbeing and address any feeding concerns. The midwife will be able to answer any questions you have about your and your baby's health. This is an opportunity to discuss your feeding and you can raise any concerns that you may have. Have a look at these leaflets, which may help you with that discussion, 'How can I tell that breastfeeding is going well?' and 'How can I tell that bottle feeding is going well?'.

Further postnatal appointments

Future appointments can either be in the home, local GP surgery, community hub, or video call. Ideally we like you to reconnect with your named midwife or a member of your community team and you can discuss which of these options suit your needs with her. We are also supported by a dedicated team of Maternity support workers, who will offer you at least two parenting and feeding support video calls and / or visits in the postnatal period.

Your baby will be usually be weighed on Day 5, and sometimes a day or two earlier than that, depending on how your feeding is going, and if you or your baby are experiencing any issues affecting your feeding. It is important to monitor the expected weight loss since birth and address any feeding challenges that might arise from a higher than expected weight loss, see 'Weight loss in newborns'.

We also recommend that a blood test is taken from your baby between days 5 and 8 to check for some rare but potentially serious blood and metabolic disorders, for which an early diagnosis is helpful (see the NHS booklet 'Screening Tests for you and your baby' for further information).

The midwife will then arrange a final discharge appointment, usually between days 10-28; this is usually in a clinic setting. Your health visitor will contact you and arrange to visit you between days 10-14.

If you have chosen to have oral Vitamin K for your baby following birth, a further two doses will be needed at 5-7 days and again at 28 days. The midwife will need to visit you at 5-7 days to show you how to give the second dose safely, as you will be provided with both the second and third doses, an oral syringe and sharp bin, on discharge from hospital. If your baby is still being totally breastfed at 28 days, you will need to give the third dose. Please remind the midwife in hospital to provide you with these two doses and the administration syringes. A midwife will need to give the second dose as the maternity support worker is unable to give doses of Vitamin K.

You can telephone our community office on **0118 322 8059** any day between 8.30am and 4.30pm for support, if required. This line is very busy, please leave a message and we will get back to you.

Further information and support groups

Your midwife and health visitor will tell you about local support groups in your area. Below is a selection of local support services and national help lines for support and information.

The 'Useful information and advice following the birth of your baby' postnatal information leaflet (in English, Polish or Urdu) can be obtained from the Trust website Patient leaflets page here <https://www.royalberkshire.nhs.uk/leaflets-catalogue/>

Support for fathers / partners

Our community team offer a telephone support call after the birth for you, between days 7-9 to talk through how you are coping and adjusting to parenthood. They will direct you to the Icon service: <https://iconcope.org/parentsadvice/> as well.

Breastfeeding support

Your community midwives teams can help you in the home face to face and by telephone. Then your health visitor and their teams can support you in the same way.

The postnatal resources leaflet provides a lot of feeding contact details including help lines.

Please note, most services are virtual for now: see [Feeding postnatal resources leaflet](#).

If you pay your council tax to Wokingham, the Breast Feeding Network (BfN) can provide extra support, wokingham@breastfeedingnetwork.org.uk and if you pay council tax to West Berkshire, then Jo Roberts and her team can provide extra support via the Family hubs.

Contact www.facebook.com/West-Berkshire-Community-Breastfeeding-Support-163676450989660/ to register for this service.

The Hospital Infant Feeding team (IFT), are also available to you for specialist support with complex issues, which includes a full tongue tie assessment and referral service. You can access this usually by a referral from your midwife, health visitor or GP.

If you need an appointment ring 0118 322 7295 (Mon-Fri 9am-5pm). You will need a link as it is again a virtual service and the hospital can provide you with this.

NCT (National Childbirth Trust) Facebook.com / NCTReadingBranch

For information and support about postnatal issues, go to www.nct.org.uk for details of the local services in your area.

- National NCT Early Days Line: 0300 330 0773 (9am-1pm 7 days a week).
- National Breastfeeding Line: 0300 330 0771 (8am-10pm 7 days a week).
- Local information on NCT and other feeding support services (site run by a volunteer NCT breastfeeding counsellor – contact is virtual at present parentsupport.reading@nct.org.uk)

Safe Sleep

Safer Sleep for Babies a guide for parents <https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-for-babies-a-guide-for-parents-web.pdf>, which also includes links to www.BasisOnline.org.uk, which provides information about sleep for parents and health professionals, based on the latest UK and world-wide research.

Cry-sis

This provides support for families with excessively crying, sleepless and demanding babies. Helpline: 08451 228 669 – (9am-10pm 7 days a week).

Registering your baby

It is a legal requirement to register your baby in the area of birth within 42 days (six weeks). It is possible to register your baby outside this area but the birth certificate will then be sent to you. You will need to book an appointment; the Register offices become quite busy and therefore you should make the appointment as soon as possible after the birth. A relative can telephone on your behalf to make this appointment. It may be possible to register your baby in one of the satellite offices. Ask your community midwife for details of those in your area.

<p><u>Bracknell/Finchampstead Register Office</u> Time Square, Market Street, Bracknell RG12 1JD Tel: 01344 352000</p>	<p><u>Reading</u> Reading Registration Services Civic Offices, Bridge Street, Reading RG1 2LU Tel: 0118 937 3533 Mon – Fri (9am – 5pm)</p>
<p><u>Henley</u> The Register Office, Easby House, 68 Northfield End, Henley RG9 2JW Tel: 0845 129 5900</p>	<p><u>Wokingham</u> Register Office, Civic Offices, Shute End, Wokingham RG40 1WH Tel: 0118 974 6554</p>
<p><u>Newbury</u> Shaw House, Church Road, Shaw, Newbury RG14 2DR Tel: 01635 279230</p>	

Please ask if you need this information in another language or format.

K Taylor, Matron Community & Birth Centre, March 2011. Reviewed: May 2021. Next review due: May 2023

Compassionate

Aspirational

Resourceful

Excellent