



# 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.**

---

After your baby/babies are 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 the birth.

## Your first postnatal appointment

Following discharge from hospital you will be visited at home by a community midwife. They 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 exact appointment time for home visits. Please remain at home until the midwife has visited.

If you do not receive a visit or have not been contacted by 4.00pm, please call Triage on **0118 322 7304**.

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 by 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 would work best for you. 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 2-4 weeks after you leave hospital.

Your baby will usually be weighed on day 5 (after birth), 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 newborn babies](#)'

All the leaflets can be found on the Trust website <https://www.royalberkshire.nhs.uk/leaflets>

We also recommend that your baby has a blood test (done through a heel prick) 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 or visit <https://www.nhs.uk/conditions/baby/newborn-screening/blood-spot-cards-explained/>

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.

## Oral Vitamin K

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. You will be given a pack containing both the second and third doses, an oral syringe and sharps bin (to safely dispose of the syringe), on discharge from hospital. The midwife will visit you at 5-7 days to show you how to give the dose safely. If your baby is being exclusively breastfed at 28 days (with no formula), you can then give the third dose without supervision. 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. Alternatively, you can phone the Triage line on **0118 322 7304**.

## 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.

Breastfeeding Network (BfN) offer breastfeeding support via online chat and helplines. They also run feeding clinics in the community. Find your local drop in here:

<https://www.breastfeedingnetwork.org.uk/drop-in-centres-map/>.

If you pay your council tax to Wokingham, the Breastfeeding Network (BfN) can provide extra support, [wokingham@breastfeedingnetwork.org.uk](mailto: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/](https://www.facebook.com/West-Berkshire-Community-Breastfeeding-Support-163676450989660/) to register for this service.

The RBH infant feeding team are available for specialist support with complex issues, via referral only. Midwives and health visitors can refer up until your baby is 6 weeks old. There is a weekly hospital tongue-tie assessment clinic which is by appointment only, via referral until 6 weeks. Older babies can be referred via GP or Health Visitor directly to paediatrics for tongue tie issues.

For feeding support locate your nearest source from the information inserted into your baby's Red Book, as well as from your community midwifery team and Health Visitor.

## Further information and support groups

Your midwife and health visitor will tell you about local support groups in your area. The following groups provide information and support;

[NCT \(National Childbirth Trust\) https://www.facebook.com/NCTReadingBranch/](https://www.facebook.com/NCTReadingBranch/)

For information and support about postnatal issues, go to [www.nct.org.uk](http://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 100 0212** (24hrs / 7 days a week).
- Local information on NCT and other feeding support services (site run by a volunteer NCT breastfeeding counsellor) [parentsupport.reading@nct.org.uk](mailto: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](http://www.BasisOnline.org.uk), which provides information about sleep for parents and health professionals, based on the latest UK and world-wide research.

### **Crying and sleepless babies**

Cry-sis provides support for families with crying and sleepless babies. You can contact their helpline: **08451 228 669** – (9am-10pm 7 days a week) or on their website <https://www.cry-sis.org.uk/>. There is also advice to help you on the ICON website <https://iconcope.org/parentsadvice/>

### **Registering your baby/babies**

It is a legal requirement to register your baby/babies in the area of birth within 42 days (six weeks). It is possible to register outside this area, but the birth certificate will then be sent to you. You will need to book an appointment at your local registry/register office; the Register offices become quite busy and therefore you should make the appointment as soon as possible after the birth. You, your partner, or anyone who was present at the birth can register your baby/babies. 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><b><u>Bracknell/Finchampstead</u></b> Register Office Time Square, Market Street, Bracknell RG12 1JD <b>Tel: 01344 352000</b></p>	<p><b><u>Reading</u></b> Reading Registration Services Civic Offices, Bridge Street, Reading RG1 2LU <b>Tel: 0118 937 3533 Mon – Fri (9am – 5pm)</b></p>
<p><b><u>Henley</u></b> The Register Office, Easby House, 68 Northfield End, Henley RG9 2JW <b>Tel: 0845 129 5900</b></p>	<p><b><u>Wokingham</u></b> Register Office, Civic Offices, Shute End, Wokingham RG40 1WH <b>Tel: 0118 974 6554</b></p>
<p><b><u>Newbury</u></b> Shaw House, Church Road, Shaw, Newbury RG14 2DR <b>Tel: 01635 279230</b></p>	

## Community midwife appointments

Date	Time	Where	With	Reason

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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

Community Lead Midwife, March 2011  
Live change (amendment): July 2024  
Next review due: December 2025

### Our Maternity Strategy and Vision

*'Working together with women, birthing people and families to offer compassionate, supportive care and informed choice; striving for equity and excellence in our maternity service.'*

You can read our maternity strategy here

