

Postnatal care: when and where

This leaflet is for to provide women information about their postnatal care. If you have any further questions please ask.

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 anytime between 8.30am and 5pm 7 days a week, including bank holidays. It is difficult to give an appointment time for home **Please remain at home until the midwife has visited.**

If you do not receive a visit or haven't been contacted by 4.30pm please telephone Marsh Ward on 0118 322 7319 or Iffley Ward on 0118 322 7323. Please make sure that the discharge details are correct so that the community team can visit you. If you deliver at another hospital can you also 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 yourself and your baby.

During you first visit at home, your midwife will review your records and check both you and your baby's wellbeing and address any feeding concerns. The midwife will be able to answer any questions you have about you and your baby's health.

Further postnatal appointments

Future appointments can either be in the home, local GP surgery or community hub. Ideally we like you to reconnect with your named midwife or a member of your community team. We are also supported by a dedicated team of Maternity support workers, they will offer you at least 2 parenting and feeding support visits in the postnatal period.

Your baby will be weighed when 72-96 hours old depending on the time of day they were born - it is important to monitor the expected weight loss since birth and address any feeding challenges that might arise form a higher than expected weight loss.

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 demonstrate to you how to give the second dose safely as you will be provided with both the second and third dose, an oral syringe and sharp bin, on discharge from hospital. If your baby is still being totally breast fed 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 5pm for support if required.

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 in these ways:

On the Trust website www.royalberkshire.nhs.uk/patient-information-leaflets/ under ‘M’ for Maternity.

Breastfeeding Clinic:

Held in the Parentcraft Room, Level 2 of the Maternity Block at the RBH: on Tuesdays and Thursdays between 11am-1pm, and in Wokingham Hospital on Wednesdays between 2pm-4pm. This is a specialist feeding clinic for complex issues, so your midwife or other health care professional will need to recommend you be referred, An appointment can be made by telephoning 0118 322 7295 (Mon-Fri 9am-5pm). It is not a drop-in service so please do not attend without an appointment as you may not be seen due to the number of pre-booked appointments already made.

For a full list of available and up to date local support clinics – see your Red Book and www.royalberkshire.nhs.uk/infant_feeding.htm

Breastfeeding Network

For families living in **Wokingham Borough**, The Breastfeeding Network is commissioned to provide a free breastfeeding support service, offering 1:1 help from a trained Supporter from birth to 6 weeks (or 6 weeks corrected). The support is mostly phone or text based with face to face support available at drop-ins or by appointment for emergencies.

Call **07501 466818** to register.

Family Hubs

West Berkshire Council run their own dedicated Peer Support service through the Family Hubs. Free support is available from family hub staff by phone and text with face to face help available at drop-ins. Call 0118 945 6157 to register for this service.

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 an NCT breastfeeding counsellor on a voluntary basis – contact locations listed to check session times before travelling) <http://bfsupport.me.uk/>

Basis: Baby Sleep info source www.BasisOnline.org.uk

Provides information about normal sleep for parents and practitioners 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-on-Thames 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>

Newbury

Shaw House,
Church Road,
Shaw, Newbury RG14 2DR
Tel: 01635 279230

More information is available on the Trust website: www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Written by: Kate Nash, Consultant Midwife Trainee, March 2011

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