After the birth of your baby
Information and advice for parents

Maternity

Your appointments
After the birth of your baby, you will still have appointments with us. This is so we can discuss your postnatal care plan, check both you and your baby are doing well, and give you advice and support for any concerns you may have.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Place</th>
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Your care
Congratulations on the birth of your baby. We hope you enjoyed your experience of having your baby with us. This leaflet aims to give you advice about what will happen and what you need to know after the birth of your baby.

We will fully involve you in planning your care after the birth of your baby and we can be flexible to meet your needs. We believe that good communication is key at this time and your care is individual to you.

Going home
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• When you leave the hospital, you will need a baby car seat to take your new baby home. Make sure you know how to fit it into the car.

Visits from the midwife

• If you are not going to your home address you must tell the midwife or doctor before you leave as the community midwife will visit you at home the next day. If your baby has not had the new-born check where the midwife listens to the heart and lungs, this will be done at this visit
• When your baby is 5 days old the midwife will visit again to take your baby’s blood spot test.

Symptoms to report after birth for you

Contact your midwife or GP if you have the following:

• Sudden or continuous and increasing blood loss, feeling faint or dizzy, or having palpitations. This can be a sign of a bleeding.
• Infection – fever and chills (shivering), lower tummy pain, or vaginal discharge which has a smell. These can be symptoms of an infection.
• Headache with neck stiffness, fever and eye problem.
• Red painful area on the breast.

• Red/swollen and painful area on your leg(s)
• Breathlessness or difficulty walking

Other symptoms:

Nipple pain – this can be due to incorrect attachment of your baby onto your ‘breast’ and ‘your midwife’ can help you with this.

Breast tenderness – you may experience this when your milk comes in at around 3 days after birth. A well-fitting bra, breast massage and frequent unlimited breast feeding will help with this.

Tiredness, backache and minor aches and pains - these are normal to experience following birth – if you are concerned please talk to your midwife when you see her
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Baby blues – most new mums experience this and find that they can be quite tearful for two or three days. This is normal, you should get plenty of rest and make sure you are eating and drinking a healthy diet.

Postnatal depression – this affects 10-15 out of 100 new mums. If you find that you are suffering from anxiety, sleeping and eating difficulties, difficulty coping and loss of interest in yourself and baby please see your GP – the sooner you seek help the better.

Babies can become ill very quickly. The following examples of symptoms can help you decide whether you need to seek further advice.

- Baby has a high pitched or weak cry
- Baby is much less active or floppy
- Baby is pale all over
- Baby grunts with each breath
- Baby is not interested in feeding
- Baby passes much less urine
- Baby vomits green fluid
- Baby has a high fever or is sweating
- Baby has blood in the poo
- Baby stops breathing or goes blue
- Baby is unresponsive and shows no awareness of what is going on, has glazed eyes and does not focus on anything
- Baby cannot be woken
- Baby has a fit
- Baby has a rash that does not disappear when pressed.

You know your baby best. Do not wait too long if you are worried before calling/asking for help. Depending on how serious you feel it is, call either 999, your GP or Community Midwife.

Cot death

Cot death is also known as Sudden Infant Death Syndrome (SIDS) and is when a baby usually under 1 year old dies unexpectedly. It is rare and affects 0.1 – 2 out of 1000 live births.
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- Never sleep with your baby on a sofa or an armchair.
- Do not let your baby get too hot.
- Keep your baby’s head uncovered. Their blanket should be tucked in no higher than their shoulders.
- Breastfeed your baby.
- ‘If you think baby is unwell, seek advice from your midwife or doctor.

Sex and contraception

You can start having sex again when you and your partner feel ready, unless you have been told otherwise by your doctor or midwife.

Contraception may be the last thing on your mind but if you do not use it then you may find yourself pregnant again very soon after you have had your baby. You need to start using contraception again straight away. Do not wait until your periods return.

Ask your GP or practice nurse for more information on contraception or contact your local Family Planning Service.

Registering the birth of your baby

By law, you must register the birth of your baby by 6 weeks.

Babies born in Birmingham

If your baby was born at the Delivery Suite or Serenity Suite at City Hospital, or you had a home birth in Birmingham, you can register your baby at Birmingham Register Office. For more information please contact the register office.

Birmingham Register Office
Holliday Wharf, Holliday Street
Birmingham
B1 1TJ
Tel: 0121 675 1004, 0121 675 2902, 0121 675 2904
Website: www.birmingham.gov.uk/registeroffice

Babies born in Sandwell

If your baby was born at the Halcyon or if you had a home birth in Sandwell, you can register your baby at Sandwell Register Office. For more information please contact the register office.
After the birth of your baby

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Maternity

Birmingham Register Office
Holliday Wharf, Holliday Street
Birmingham
B1 1TJ
Tel: 0121 675 1004, 0121 675 2902, 0121 675 2904
Website: www.birmingham.gov.uk/registeroffice

Babies born in Sandwell
If your baby was born at the Halcyon or if you had a home birth in Sandwell, you can register your baby at Sandwell Register Office. For more information please contact the register office.

Sandwell Register Office
High Street
West Bromwich
B70 8RJ
Tel: 0121 569 2480
Website: www.sandwell.gov.uk/info/200167/births_marriages_deaths

6 - 8 week Post Natal Check
At 6 - 8 weeks, you will need to make an appointment with your GP for a full check over for you and your baby.
They should discuss how you are feeling in yourself.

Use this space to write down any questions you want to ask your midwife
### Useless contacts

For more help and information contact the following

#### National contacts

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Drinkline</td>
<td>0300 123 1110</td>
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<tr>
<td>FRANK - drugs helpline</td>
<td>0300 123 6600</td>
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<tr>
<td>NHS Pregnancy Smoking Helpline</td>
<td>0300 123 1044</td>
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<tr>
<td>Le Leche League Breastfeeding</td>
<td>0845 120 2918</td>
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<tr>
<td>National Breastfeeding Helpline</td>
<td>0300 100 0212</td>
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<tr>
<td>NHS Choices</td>
<td><a href="http://www.nhs.uk">www.nhs.uk</a></td>
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<tr>
<td>NHS emergency care</td>
<td>111</td>
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<tr>
<td>Antenatal Results and Choices</td>
<td>0845 077 2290</td>
</tr>
<tr>
<td>National Childbirth Trust</td>
<td>0300 330 0700</td>
</tr>
<tr>
<td>Health and Safety Executive</td>
<td><a href="http://www.hse.gov.uk">www.hse.gov.uk</a></td>
</tr>
<tr>
<td>TAMBA - twins and multiple births association</td>
<td><a href="http://www.tamba.org.uk">www.tamba.org.uk</a> - for twins (or more)</td>
</tr>
<tr>
<td>Contact a Family</td>
<td>08088083555</td>
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<tr>
<td>Working families</td>
<td>0300 012 0312</td>
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<td><a href="http://www.workingfamilies.org.uk">www.workingfamilies.org.uk</a></td>
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Local contacts

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<tr>
<th>Service</th>
<th>Contact Information</th>
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<tr>
<td>Infant Feeding team at City Hospital</td>
<td>078 1606 1633</td>
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<tr>
<td>Sandwell Breastfeeding Network</td>
<td>07505775357</td>
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<tr>
<td>Sandwell Women’s Aid</td>
<td>0121 552 6448</td>
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<tr>
<td>Birmingham Settlement</td>
<td>Tel: 0121 250 3000</td>
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<tr>
<td>Sandwell Women’s Aid</td>
<td>Website: <a href="http://www.birminghamsettlement.org.uk">www.birminghamsettlement.org.uk</a></td>
</tr>
<tr>
<td>Swanswell</td>
<td>Tel: 0121 233 7400</td>
</tr>
<tr>
<td>Sandwell Women’s Aid</td>
<td>Website: <a href="http://www.swanswell.org">www.swanswell.org</a></td>
</tr>
<tr>
<td>Acacia</td>
<td>Tel: 0121 301 5992</td>
</tr>
<tr>
<td>Sandwell Women’s Aid</td>
<td>Website: <a href="http://www.acacia.org.uk">www.acacia.org.uk</a></td>
</tr>
<tr>
<td>Citizens Advice Bureau</td>
<td>Birmingham: 08444 111 444</td>
</tr>
<tr>
<td>Sandwell Women’s Aid</td>
<td>Sandwell: 0121 544 6202</td>
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</tbody>
</table>

Sources of information for this leaflet

- Cardiac Electrophysiology, Sixth edition, Chapter 98, ‘Sudden Infant Death Syndrome’, 2014
- The Lullaby Trust, ‘Evidence Base’, May 2013
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If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5495 or email: swb-tr.swbh-gm-patient-information@nhs.net

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