

After the birth of your baby

Information and advice for parents

Maternity

Mums sticker

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.

Date	Time	Place	Reason	With whom

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

Car seats are not safe sleep spaces if they are used for long periods of time. Take your baby out of the car seat when you get home even if they are asleep.

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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 – Breast feeding should not hurt so nipple pain can mean your baby has not got a deep enough latch. Ask your midwife for help or contact local and national feeding support.

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 effective breastfeeding 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

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.

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Symptoms that may concern you

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's nappies are not getting heavier and wetter
- Baby's stools remain sticky and dark after the first 48 hours
- 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, NHS 111, your GP or Community Midwife.

Sudden Infant Death Syndrome (SIDS) and safe sleep

Every year over 500 babies die suddenly and unexpectedly of SIDS commonly known as cot death. We don't know what causes SIDS but we do know there are simple steps you can take to reduce the risk of it happening.

Safer sleep for babies: things you can do

Follow these simple steps to help reduce the risk of your baby dying from cot death:

- Always place your baby on their back to sleep. Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months.
- Keep your baby in a smoke free environment during pregnancy and after birth.

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- Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight.
- Use a firm, flat, waterproof mattress in good condition.
- Never sleep with your baby on a sofa or an armchair.
- Avoid letting your baby get too hot.
- Don't cover your baby's face or head while sleeping or use loose bedding.
- 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.

For Births within Birmingham City Council Area

Birmingham Register Office

Holliday Wharf

Holliday Street

Birmingham B1 1TJ

Call 0121 675 1000

OR book online at www.birmingham.gov.uk/registeroffice

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For Births within Sandwell Council Area

Sandwell Register Office

High Street

West Bromwich B780 8RJ

Call 0121 368 1188

OR book online at www.sandwell.gov.uk

The registration of your baby is free of charge, however a fee is payable for any birth certificates that you require.

Sandwell Register Office

High Street

West Bromwich

B70 8RJ

Tel: 0121 368 1188

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.

Questions to ask my midwife

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

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Useful contacts

For more help and information contact the following

National contacts

<p>ARC Antenatal Results and Choices charitable organisation. Tel: 0207 713 7486 www.arc-uk.org</p>
<p>CONTACT For families with children with disabilities. Tel: 0808 808 3555 www.contact.org.uk</p>
<p>Drinkline Tel: 0300 123 1110</p>
<p>Feeding information and support on feeding your baby: Breastfeeding/Mixed feeding:</p> <ul style="list-style-type: none"> • National Breastfeeding Helpline. Tel: 0300 100 0212 7 days a week 9.30am to 9.30pm • La Leche League Breastfeeding Tel: 0345 120 2918 • National Childbirth Trust Breastfeeding. Tel: 0300 330 0700 <p>Formula feeding:</p> <ul style="list-style-type: none"> • First Steps Nutrition information for parents and carers on Infant milks and making up feeds www.firststepsnutrition.org/parents-carers
<p>FRANK Drugs helpline Tel: 0300 123 6600</p>
<p>NHS A to Z of health: www.nhs.net</p>
<p>NHS Urgent helpline Tel: 111</p>
<p>NHS Smokefree National Helpline for help to stop smoking. Tel: 0300 123 1044</p>
<p>Twinline - twins and multiple birth association Tel: 0800 138 0509 Monday to Friday from 10am to 1pm and from 7pm to 10pm www.twintrust.org</p>
<p>Working Families - advice on rights at work for parents and carers. Tel 0300 012 0312 www.workingfamilies.org.uk</p>

Local contacts

<p>Feeding information and support on feeding your baby:</p> <ul style="list-style-type: none"> • Infant Feeding team at City Hospital: Telephone support and weekly clinic appointments available. Tel: 0781 606 1633 • Sandwell Breastfeeding Network BFN: 07505 775 357 • Birmingham Forward Steps: Call your local children's centre to arrange support. www.bhamforwardsteps.co.uk
<p>Acacia - supporting with pre and postnatal depression in Birmingham and parts of Sandwell. Tel: 0121 301 5990 www.acacia.org.uk</p>

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Birmingham Women's Aid Tel: 0808 800 0028
Black Country Women's Aid Tel: 0121 552 0090
Birmingham Settlement Tel: 0121 250 0777 For people suffering financial difficulty, isolation or social exclusion. www.birminghamsettlement.org.uk
Citizens Advice Bureau: Birmingham: 0344 477 1010 Sandwell: 0300 330 9017
Swanswell - Assistance for people with alcohol and drug problems with housing and social related issues. Tel: 0121 633 1750

Sources of information for this leaflet

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POSTNATAL CONVERSION

DATE: _____ COMPLETED BY: _____

TIME: _____

ALL MOTHERS ARE OFFERED SUPPORT TO: Tick

- Appreciate the importance closeness and responsiveness for mother and baby wellbeing
- Hold their baby for feeding
- Understand responsive feeding /feeding cues

BREASTFEEDING MOTHERS ARE OFFERED SUPPORT TO:

- Hand express
- Value exclusive breastfeeding
- Understand how to know their baby is getting enough milk
- Access help with feeding when at home

Local feeding support:

Infant feeding team 07816061633

Sandwell Breastfeeding Network 07505775357

Birmingham Forward Steps: contact your local children's centre

MOTHERS WHO FORMULA FEED ARE OFFERED SUPPORT TO:

- Sterilise equipment and make up feeds
- Feed their baby first milks
- Limit the number of people who feed their baby (1-2)
- Understanding the danger of prop feeding

RESPONSIVE BOTTLE FEEDING

- Feeding cues
- Hold baby close and have eye contact/never prop feed
- position of teat during feed
- Breaks during feeds
- Cues for finishing feeds/avoid over feeding

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Useful QR codes

Breastfeeding

How to hand express:



How to breastfeed comfortably:



Is your baby getting enough milk?:



Bottle feeding

Responsive bottle feeding:



Making up feeds



STORK; Supportive Training, Offering Reassurance and Knowledge to parents, carers and families.



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