

New baby?

A quick and easy guide to your first few weeks

Essential things for you to know

- After baby is born
- Making sure baby sleeps safely
- Cut the risk of infection
- Looking after yourself
- Getting back to work
- You're not on your own

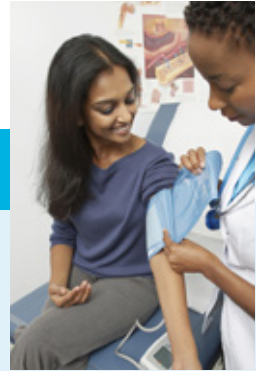


After baby is born

Post natal - mum

When baby is about six weeks old you will have a postnatal examination to make sure that you are well and recovering properly. For this you will either be offered an appointment at the maternity hospital where you gave birth or you should see your family doctor.

This is your opportunity to ask any questions or raise any concerns. You will also be offered information about family planning.



Post natal - baby

Your baby will have already had an initial examination when born.

72 hours

The first detailed examination takes place and looks at the health of their eyes, heart and lungs, nervous system, abdomen and hips.

11-14 days

After the midwife visits have finished a health visitor will visit.

Six to eight weeks

A second detailed post natal examination will be carried out by your family doctor or health visitor at home.

Early immunisations

- Diphtheria, tetanus, pertussis (whooping cough), polio and Haemophilus influenzae type B (Hib) - given as one injection at 2, 3 and 4 months.
- Pneumococcal (PCV) - given at 2 and 4 months.
- Rotavirus - given at 2 and 3 months.
- Meningitis C - given at 3 and 4 months.

Your health visitor will give you more information about these which will be given at your doctor's surgery.

Free prescriptions and NHS dental treatment

You will continue to get free prescriptions and free NHS dental treatment until your baby is 12 months old.



Making sure baby sleeps safely

Follow the advice below to keep your baby safe and reduce the risk of cot death

- **Do** sleep baby in a cot in your room until 6 months old.
- **Do** place baby on its back to sleep every time.
- **Do** place baby's feet to the foot of the cot.
- **Do** keep rooms between 16-20°C.
- **Do** seek medical advice if your baby is unwell.
- **Don't** allow anyone to smoke near your baby.
- **Don't** let your baby get too hot.
- **Don't** share a bed with your baby if you have been drinking alcohol, taken drugs, are a smoker, or very tired.
- **Don't** ever sleep with your baby on a sofa or armchair.



In the day

Babies should not spend longer than necessary in a car seat, especially whilst sleeping, car seats are designed to keep babies safe while travelling. Research shows an increased risk of cot death when babies are left in car seats for long periods of time.

If your baby is unwell seek prompt medical advice

Cut the risk of infection

Your baby's immune system is not as strong or as well developed as an adult's so it is important to always wash your hands before preparing feeds or feeding your baby.

This is particularly important if you have been:

Putting rubbish
into the bin



Visiting the toilet



Stroking or feeding
your dog or cat



Blowing your nose,
coughing or sneezing

Changing your
baby's nappy

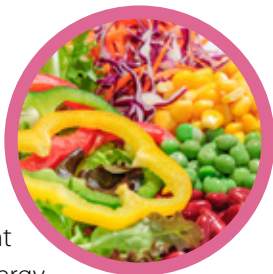


Remember breastfeeding strengthens your baby's immune system in a way that formula can't, so it is particularly important to wash hands and bottles thoroughly if you are feeding your baby formula milk.

Looking after yourself

Physical well being

Healthy eating and drinking is especially important to keep up your energy levels. A healthy, balanced diet contains bread, cereals, potatoes, pasta and rice with fruit and vegetables and lean meat, chicken and eggs. Keep alcohol and caffeine to a minimum.



Although exercise may feel like the last thing you want to do while adjusting to life as a mum, it does have benefits such as:

- Boosting your mood
- Helping you lose weight
- Protecting you from aches and pains
- Giving you more energy

The most important exercises in the first few days after birth are your pelvic floor exercises. Start doing them as soon as you can.

Emotional well being

Being a new mum is not always easy and it is common to feel down, anxious and suffer from lack of confidence. Here are some ways you can help yourself.

- Talk about your feelings with your partner, family or a friend.
- Don't try to do everything - the house doesn't have to be spotless.
- Take up any offers of practical help.
- Make time for yourself, a bubble bath, reading a magazine, listening to music can all help you to relax.
- Take gentle exercise such as walking or swimming, pushing the pram.



- Get as much rest as you can, tiredness can make you feel worse.

Please seek advice from your health visitor or GP if you are worried about any of the following symptoms, the sooner you get support, the sooner you will recover.

- Feelings of anxiety
- Sleeping and eating difficulties
- Difficulty coping with day to day tasks
- Feelings of hopelessness or despondency
- Loss of interest in yourself or your baby
- Feelings of loneliness and isolation

Getting back to work

Choosing Childcare

Choosing childcare is a big step for you and your child. Not only do you have to decide which type of provision suits both of you best, but you need reassurance that your child will be safe, secure, well-looked-after and happy.

The Family Information Service website contains details on the different types of childcare available to you. You can also search on our free childcare finder by postcode, school or the name of the provider at **www.warwickshire.gov.uk/childcare**

Help with childcare costs

There are benefits, grants and allowances available to working and non-working families. The websites below offer a range of financial support you may be able to claim which could make a real difference to your family.

- **www.gov.uk** - the Government's information website which explains the benefits that you may be entitled to now you have a new baby. There is also a calculator to help you decide which employer based scheme suits your needs best - **www.gov.uk/childcare-vouchers-better-off-calculator**
- **www.familyandchildcaretrust.org** - a national charity which provides information on many aspects of childcare including paying for childcare.

Working Rights

When you have a new baby, there are many areas of your working life that you may need to consider such as maternity, paternity and adoption leave, flexible working and work life balance, and time off to care for dependents.

The following websites may be able to help with these issues.

Citizens Advice Bureau - www.adviceguide.org.uk - advice on working rights, benefits, discrimination and parental rights.

Working families - www.workingfamilies.org.uk - lots of advice for working parents and carers to help them and their employers to find a better balance between responsibilities at home and work.

Warwickshire Family Information Service

The Family Information Service provides advice and information on all these areas and produce a range of leaflets and factsheets to help. These are available to download from the website, or contact the service directly on

0845 090 8044 (Local rate) or 01926 742274

Email: fis@warwickshire.gov.uk Website: www.warwickshire.gov.uk/fis

You're not on your own

The following organisations are all dedicated to helping you get the most out of being a new mum and enjoying time with your baby.

Health

- **Start4Life** - www.nhs.uk/start4life - loads of tips and advice for a healthy pregnancy, and for feeding and getting your new baby active.
- **www.nhs.uk** - information and advice on a range of medical conditions, healthy living and support services.

Support

- **Children's Centres** provide a range of services from different organisations to meet the needs of young children and their families such as breastfeeding support, baby massage and first aid etc. To find your local centre visit www.warwickshire.gov.uk/childrenscentres
- **www.netmums.com** - offers information to parents on everything from play groups and healthy eating, to where parents can meet up. Also holds an online chat forum.
- **www.familylives.org.uk** - provides free support and advice with a helpline, email service, live chat and parent support groups. Tel: 0808 800 2222.
- **www.gingerbread.org.uk** - provides advice and support for single parents with on line advice sessions, email advice, parent helpline and a range of information factsheets. Tel: 0808 802 0925.
- **Parenting programmes** - www.warwickshire.gov.uk/parentingtraining - a range of different programmes that support parenting in Warwickshire. Tel: 01926 743062.
- **www.gov.uk** - government site giving information on benefits and allowances that you may be entitled to if you are expecting or bringing up children.

Children with special needs

- **www.cafamily.org.uk** - a national charity that offers support, information and advice to the families of disabled children. Tel: 0808 808 3555.
- **Integrated Disability Service** - www.myfamilyvoicemyfamilychoice.co.uk - a partnership between Warwickshire County Council and the NHS to support disabled children, young people and their families. Tel: 01926 742223.
- **Warwickshire Parent Partnership Service** - www.parentpartnership.org.uk - supports parents/ carers of all Warwickshire children with special educational needs (SEN) – whether they are of pre-school age, or at school in mainstream or special education. Tel: 024 7636 6054.

Contacts

Midwife

Health Visitor

Family doctor (GP)

Child Health Clinic

Hospital

Children's Centre

Warwickshire Family Information Service

The Family Information Service offers free help and advice on all aspects of family life to parents, carers, young people and anyone working with families in Warwickshire.



Helpline: **0845 090 8044** (Local rate) or **01926 742274**

Email: **fis@warwickshire.gov.uk**

Website: **www.warwickshire.gov.uk/fis**

Fax: **01926 742083**

Twitter:  **@WarksFIS** Facebook:  **WarwickshireFIS**

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Produced by Warwickshire Family Information Service with help from North Warwickshire Maternity Services Liaison Committee and South Warwickshire Maternity Forum.