

 NEW PARENT SHEET

Congratulations on the birth of your baby!

 We understand this is a changing and sometimes uncertain time and we are here to support you as much as we can.

We have temporarily registered your baby with us and encourage you to fully register them in due course. We believe it’s best for you and baby to be registered at the same practice so we can help you both more fully.

Your first arranged contact with a Dr or nurse at the practice will be at the 8 weeks check. At this appointment you will be invited to attend for baby’s first immunisations and a Dr will check mum and baby.

**Mum:** We will check in on how you are feeling. It’s common to feel overwhelmed and emotional after having a baby. If you are suffering, you could have a chat to your health visitor. Call us if you feel you need more support. Here are some other resources:

<https://www.nct.org.uk/life-parent/how-you-might-be-feeling/baby-blues-what-expect>

<https://www.nhs.uk/conditions/pregnancy-and-baby/feeling-depressed-after-birth/>

Leeds crisis resolution: **0300 300 1485**

We will offer to check any wounds or stitches and advise you on physical exercise. It is really important to get your pelvic floor exercises going (the muscle that holds everything up in your lower tummy /stops you weeing and pooing) These links talk more about what you can do:

<https://pogp.csp.org.uk/system/files/publication_files/POGP-FFFuture%20%281%29.pdf>

<https://www.jillybond.com/blog/how-to-do-pelvic-floor-exercises>

<https://www.squeezyapp.com/>

We will also talk to you about contraception and check your blood pressure. Maybe you can have a think about what you might like to do before you arrive. There is a theoretical chance you could get pregnant any time after the first 3 weeks after giving birth- more information is in the leaflet below.

<https://www.fpa.org.uk/sites/default/files/contraception-after-having-baby-your-guide.pdf>

**Baby: Please bring your red book**

We will weigh your baby, measure their head circumference and complete the physical examination that is in the red book.

It is an opportunity to ask any non- urgent questions you may have and talk about any feeding related issues.

Feeding is often the most difficult thing to get established in the early days and it’s normal to worry. It’s also not always easy!

If you are having difficulty with breast or bottle feeding there is plenty of support available. The below links might help:

<https://www.nhs.uk/conditions/pregnancy-and-baby/breastfeeding-is-baby-getting-enough-milk/>

<https://www.nct.org.uk/baby-toddler/feeding/early-days/my-baby-getting-enough-milk-breastfeeding-or-formula>

<https://globalhealthmedia.org/portfolio-items/attaching-your-baby-at-the-breast/?portfolioCats=191%2C94%2C13%2C23%2C65>

[https://www.nhs.uk/start4life/baby/breastfeeding/breastfeeding-help-and-support](https://www.nhs.uk/start4life/baby/breastfeeding/breastfeeding-help-and-support%20/https%3A//www.nhs.uk/conditions/pregnancy-and-baby/breastfeeding-is-baby-getting-enough-milk/)

IF YOU HAVE URGENT CONCERNS ABOUT YOUR BABY FEEDING/GROWING PLEASE DO NOT WAIT FOR THIS CHECK. SPEAK TO YOUR HEALTH VISITOR. IF YOU ARE WORRIED YOUR BABY IS UNWELL, SPEAK TO A DOCTOR BY CALLING 111 OUT OF HOURS OR CALLING THE SURGERY.

<http://www.whenshouldiworry.com/resources/When%20should%20I%20worry-Booklet_England-with%20111%20service_2016.pdf>

It’s normal for babies to cry. All babies cry different amounts and this peaks around 9-12 weeks. Please see the below website which gives some tips on coping.

<https://iconcope.org/>

We look forward to meeting you and your little one in surgery.

