

# Postnatal care and support

## Baby care and wellbeing

### An easy read guide

This booklet is about postnatal care: Baby care and wellbeing

There are 7 booklets in total

Booklet 1: Postnatal care, birth registration and coronavirus

Booklet 2: Resuming sexual intercourse and contraception

Booklet 3: Maternal physical wellbeing and health concerns

Booklet 4: Emotional wellbeing and mental health

Booklet 5: Infant feeding and blood spot tests

Booklet 6: Baby care and wellbeing

Booklet 7: Coping with crying and safe sleeping

## Contents

Common health concerns for babies Page 3

Sticky eyes Page 3

Conjunctivitis Page 4

Jaundice Page 5

Constipation Page 6

Bathing your baby safely Page 7

Changing nappies Page 8

Caring for your baby Page 9

# Common health concerns for babies



Taking your baby home from hospital can be an anxious time. Staff are always available to help you care for your baby. Do not be afraid to ask for support.

Here are a list of common health concerns and some advice on what to do.

## Sticky eyes



Lots of babies get 'sticky eyes'. This usually clears up without them needing any medication.



You should clean your baby's eyes with cooled boiled water and cotton wool. Wipe away from the corner of the eye by the nose outwards.

Do this once and then repeat with a new cotton wool wipe if needed. Do this several times a day.



Always wash your hands before and after you do this.

If it does not improve after a few days let your midwife know.

## Conjunctivitis



This is an infection in the eye. If your baby's eye is red, swollen, or has any discharge then please contact your midwife, GP or health visitor.

## Nappy rash



This is when your baby's bottom looks red and sore. It might be painful for them when you change their nappy.

Changing your baby's nappy regularly can help prevent this.

## Thrush



Thrush is a common infection. It is a white rash on your baby's bottom or in their mouth.



It can be uncomfortable for your baby when they are feeding. Ask your midwife or health visitor for advice as your baby will need treatment.

It is important that equipment is washed and sterilised properly.

## Jaundice



Jaundice is a common health concern in babies. It often looks like your baby has a yellow tint in their eyes and skin. Their poo may be a pale colour.



It can happen any time from when your baby is born to when they are about 14 days old.



Jaundice can be treated at home if it is mild. If it is more serious your baby may have to go to hospital.

Sometimes the baby is kept under an ultraviolet light to help to treat the jaundice.



It can be caused by lots of different things such as the baby getting rid of extra blood cells and they need feeding more often at this time.

## Bowels not opening 24 hours after birth (baby has not had a poo)



You should tell your midwife if your baby has not had a poo within the first 24 hours following birth.

The first poo is dark brown/black and sticky. This is normal.

## Constipation in a formula fed baby (baby not having a poo)



Your baby may appear to be unsettled and uncomfortable

Ask your midwife or health visitor for help or advice if you are worried about any of these things.

## Bathing your baby safely



You don't need to give your baby a bath every day. If they really enjoy it though there is no reason why you shouldn't. Your babies head must be kept out of the water.

Do not be afraid to ask midwives or maternity staff to help you if you have not done this before.



It is best not to bath your baby straight after a feed or when they are hungry or tired.



For the first few weeks do not add any bath products as these can irritate your baby's skin.

Make sure the room you are bathing them in is warm. The water should be warm, not hot.



Always add cold water first, check it with your wrist or elbow and mix it well. Gently place your baby in.

## Changing nappies



Babies need their nappies changing regularly. Some babies have very delicate skin.

They will need their nappy changed regularly so their skin doesn't become red and sore. After washing, make sure the baby's bottom is properly dry.



Other babies can wait to have their nappy changed until before or after every feed.



All babies need changing as soon as possible after they have had a poo. This will help to stop them getting nappy rash.



Young babies will need changing as many as 12 times a day. When they get a bit older they need to be changed at least 6 to 8 times a day.



## Caring for your baby



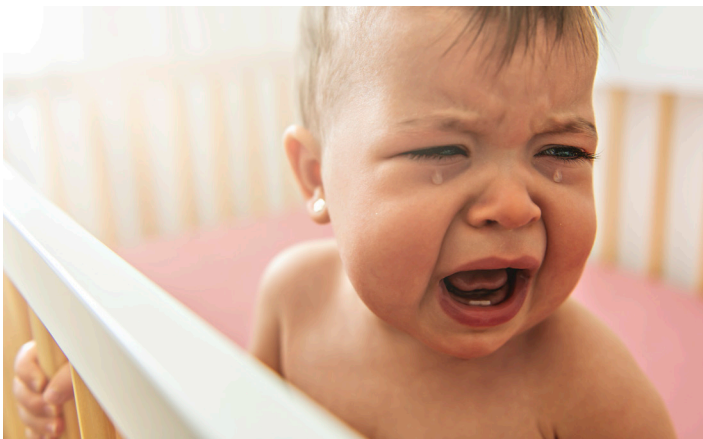
As time goes by you will start to understand what your baby needs.

This will help you settle into a way of life that is good for both of you.



Sometimes friends and family might try to give you advice.

They might tell you to leave your baby to settle on their own and not to pick them up when they cry but this is not recommended.



When babies are left alone they think they have been abandoned so they might cry more and be more clingy.



Holding your baby when he or she is crying helps them to feel loved and secure, even if the crying doesn't stop straight away.



Babies can't become spoilt or demanding if they are given too much attention.

If you love and comfort your baby they will be calmer and more confident.



Babies love faces and love to hear your voice. They are keen to copy you.



Talk to your baby as this will help them learn everyday words.

Stick your tongue out and your baby will try to copy you.



Place your baby on your chest with skin to skin contact. This will make them feel really close to you.

Dads and partners can also do this.



# Adult improving access to psychological therapies programme - emotional and mental health support

## Wakefield: Turning Point

Tel: 01924 234 860

Email: [wakefield.talking@turning-point.co.uk](mailto:wakefield.talking@turning-point.co.uk)

[gateway.mayden.co.uk/referral-v2/ec23d2e0-ba2d-4e0f-af63-d0a151c585dc](https://gateway.mayden.co.uk/referral-v2/ec23d2e0-ba2d-4e0f-af63-d0a151c585dc)

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## Leeds: Leeds Mental Wellbeing Service

Tel: 0113 843 4388

Email: [leeds.mws@nhs.net](mailto:leeds.mws@nhs.net)

[www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/](https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/)

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## Bradford and Airedale: Relate

Tel: 01274 726 096

Email: [information@relatebradford.com](mailto:information@relatebradford.com)

[www.relate.org.uk/find-my-nearest-relate/centre/bradford-relate-centre](https://www.relate.org.uk/find-my-nearest-relate/centre/bradford-relate-centre)

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## Calderdale: IAPT

Telephone: 01484 343700

Email: [iapt.admin@swyt.nhs.uk](mailto:iapt.admin@swyt.nhs.uk)

[www.southwestyorkshire.nhs.uk/services/improving-access-to-psychological-therapies-iapt/](https://www.southwestyorkshire.nhs.uk/services/improving-access-to-psychological-therapies-iapt/)

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## Kirklees

Tel: 01484 343700

Email: [IAPT.Admin@swyt.nhs.uk](mailto:IAPT.Admin@swyt.nhs.uk)

[kirkleesiapt.co.uk/](https://kirkleesiapt.co.uk/)

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## Harrogate: IAPT

Tel: 01423 852137/852062

[northyorkshireiapt.co.uk/](https://northyorkshireiapt.co.uk/)

<b>Department</b>	<b>Airedale</b>	<b>Bradford Teaching Hospitals NHS Foundation Trust, Women's and New-born unit</b>	<b>Calderdale &amp; Huddersfield</b>
<b>Triage</b>	01535 292120	01274 364532/364531	MAC 24 hours a day 01422 224419 Huddersfield Community Maternity Advice Line 01484 355743 open 8.30am-4.30pm Monday-Friday
<b>Postnatal Ward</b>	01535 292211	Postnatal ward M4 01274 364539/364540	01422 224249
<b>Community Office</b>	01535 292211/2	Postnatal, Antenatal & Induction Suite M3 01274 364536/364537	01484 355754
<b>Debrief Clinics/</b>	01535 292409	Via midwife, health visitor or GP	Maternity Reception (appointments) 01422 224125 Women's Health Reception (appointments) 01484 342666
<b>Feeding Support</b>	01535 292383	01274 364583	01422 224925
<b>Local Contraception/ Sexual Health</b>	01535 607333	0303 3309500	0303 330 9981

Harrogate	Mid Yorks	Leeds
01423 557548/557531	01924 543002	SJUH 0113 206 5781 LGI 0113 392 6731
01423 553157	01924 541693	SJUH 0113 206 9105 LGI 0113 392 7436
01423 553051	Wakefield: 01924 543424 Pontefract: 01977 747430/31 Dewsbury: 01924 319152	0113 206 3329
Please speak to a member from the midwifery team of the midwifery team regarding a referral	01924 541118/541114	SJUH leadsth-tr.birthmatters@nhs.net LGI leadsth-tr.birthmattsteam@nhs.net
01423 553157 or 01423 553051	Families and babies: 01924 851901 Auntie Pams: 01924 438316 add Midwife: 07824417802	0113 206 4360
01904 721111 <a href="http://www.yorsexualhealth.org.uk/clinics/heatherdene-centre-for-sexual-health/#">www.yorsexualhealth.org.uk/clinics/heatherdene-centre-for-sexual-health/#</a>	Kirklees: 0303 0303 9981 Wakefield: 01924 327586	Leeds Sexual Health 0113 392 0333