



# Postnatal care and support

Postnatal care, birth registration and  
coronavirus

An easy read guide

This booklet is about postnatal care: postnatal care, birth registration and coronavirus

There are 7 postnatal booklets these include:

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

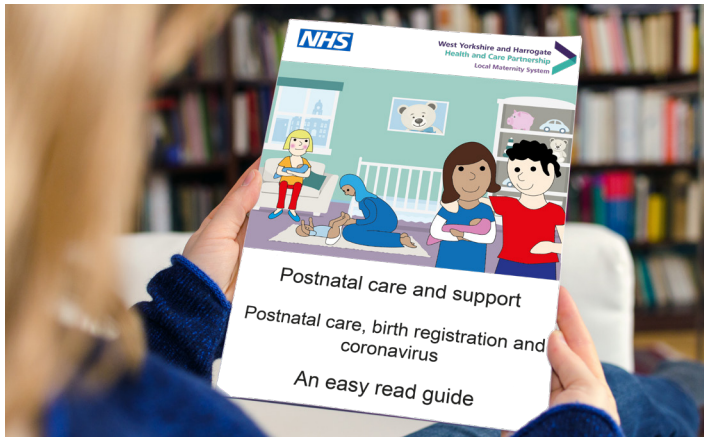
Booklet 6: Baby care and wellbeing

Booklet 7: Coping with crying and safe sleeping

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## Postnatal care



This easy read booklet is about postnatal care. This is the care and support you get following the birth of your baby from midwives before you are discharged to a health visitor.



It is designed for women who are going home from hospital after the birth of their baby. It is also for women who have given birth at home.

Partners and family members might also find some of the information useful.



This booklet should be given to you by your midwives along with any other information or phone numbers that you may need.



Postnatal care starts straight after the birth of your baby. You will be cared for by your midwife to start with.



A health visitor will then take over.

They help to give your baby the best start in life.



The number of visits you get will depend on you and your baby's needs and other things.

Your midwife and health visitor will arrange these with you.



Postnatal care is for you and your baby. Your midwife will care for you and your baby in the first few weeks.

Some of the things the midwife will do for you are:



Follow up on any problems you may have had from when you were pregnant or when you gave birth.



Support you to feed your baby.



Make sure you are fit and well after the birth of your baby.



Talk to you about contraception to prevent or delay you becoming pregnant.

Some of the things the midwife will do for your baby are:



Offer a Vitamin K injection to help their blood clot.



Examine your baby from top to toe, and listen to his/her heart and lungs.

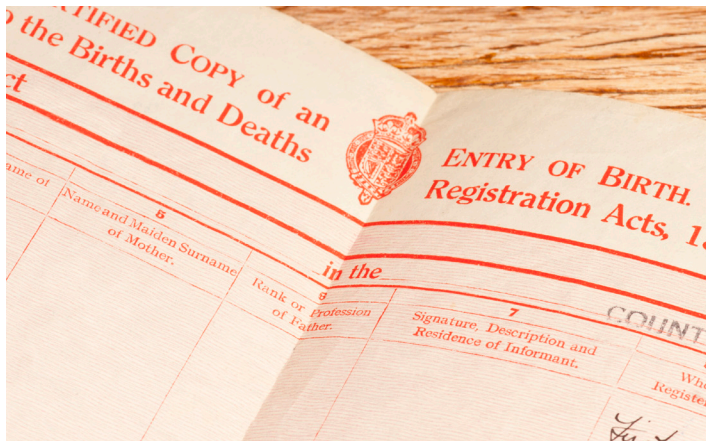


Test their hearing.



Weigh your baby.

# Birth registration



You need to register the birth of your baby before they are 6 weeks old.

This is how you get a birth certificate.



You can do this at your local registry office. It should be done in the town or city that you gave birth in.

Please speak to your midwife about this.



You normally need to make an appointment. Check before you go.



Take your Personal Child Health Record (red book) with you and your baby's NHS number. The registrar may ask to see it.

If you are unmarried and your partner wants to be named on the birth certificate they will also need to attend the appointment.

## Registering with a GP



You will need to register your newborn baby at your GP surgery as soon as you have your birth certificate.



It is important to do this as early as possible.

Don't delay accessing your GP if you are worried and haven't registered your baby yet.



You will need to make an appointment to see your GP 6 to 8 weeks after the birth of your baby.

This is to check how you are after the birth. They will also check your baby.



If you were due to have a smear test just before or during your pregnancy **it is important that you remember to make a new appointment for around 12 weeks after the birth of your baby.**



# Maternity Voice Partnerships MVP



Ask your midwife or health visitor about your local Maternity Voice Partnership.



These are groups of new mums, midwives, doctors and other health professionals.



They meet to talk and share ideas about how to improve maternity services across West Yorkshire and Harrogate.



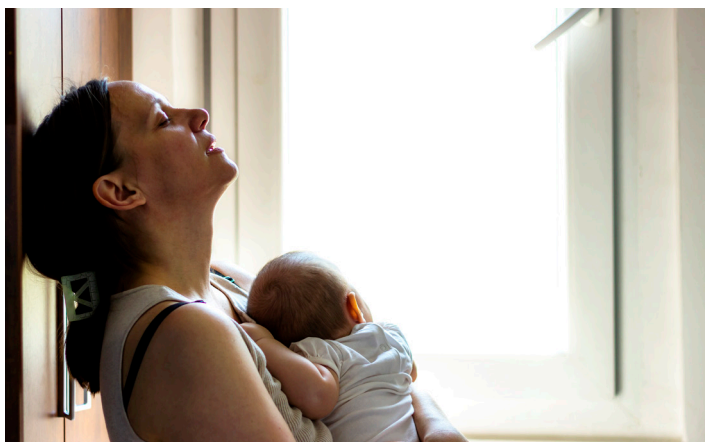
They want to hear about your experience of maternity care. You can find more information at [www.maternityvoices.co.uk](http://www.maternityvoices.co.uk)

## Taking your baby home



If you and your baby are well you will be discharged home as soon as possible.

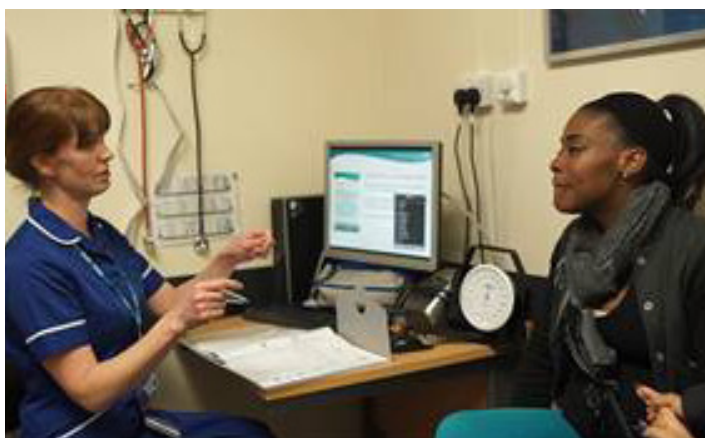
Your postnatal care will be discussed with you and you will get the support and care that you need.



Many parents can feel overwhelmed because of the changes to their lifestyle and with caring for a new baby.



Some parents may also feel anxious, stressed or even depressed. Please look at booklet 4 for more support and advice.



Your postnatal care will be organised according to you and your baby's needs.

You might prefer to be seen in a clinic or health centre. Please talk to your midwife about your options.



You will see your midwife at least 3 times but this may be more if you need to.



During coronavirus this will be a mixture of face to face, telephone and skype or other online appointments.



Your first contact with a midwife will be the day after you are discharged from hospital.

They will arrange a face to face visit if they think you need it.



The next contact will be when your baby is 5 days old. This will be a face to face appointment. Your baby will have a heel prick test and be weighed.

There is more information about this in booklet 5: Infant feeding and blood spot tests



If you and your baby are well the last contact you have with your midwife will be when your baby is 10 days old.



This might be face to face or it might be a telephone appointment. It will depend on your needs.

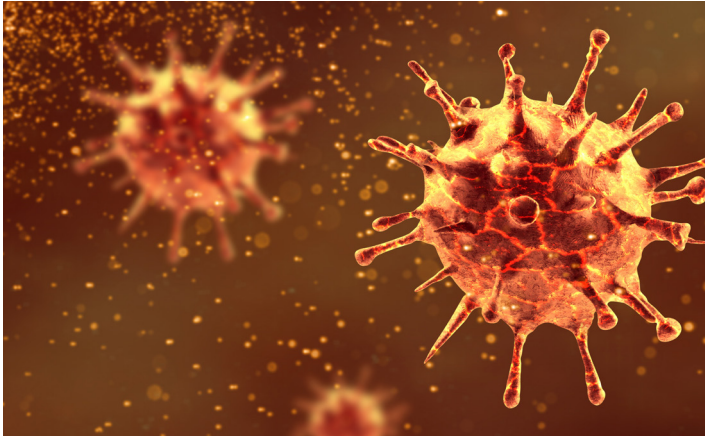


You will then be discharged from maternity services and transferred to a health visitor.



The health visitor will contact you to make appointments.

## Is my baby at risk of coronavirus?



Newborn babies do not seem to be at high risk of becoming seriously unwell if they catch coronavirus.



You should still do everything you can to stop your baby from catching it though.

Everyone else who lives with you should do too.



You should make sure you:

Wash your hands for 20 seconds before touching your baby, breast pump and bottles. Try not to sneeze or cough on your baby.

Follow the government advice on social distancing if you let people come and visit.



We encourage you to carry on breastfeeding if you have coronavirus as long as you feel well enough.



If you do not feel well enough you could express your milk and ask someone else to feed your baby.



Many babies with the virus will not show any signs of being ill and will recover fully.

Some might have a temperature that keeps changing and some may get a cough. Babies with infections do not always have a fever.



If your baby has a cough, fever, or feels unusually hot or cold but is otherwise ok you should call NHS111.



If your baby shows any signs which worry you with their breathing, their colour or movement then call 999 straightaway.





# 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](http://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/](http://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](http://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/](http://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/](http://kirkleesiapt.co.uk/)

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## Harrogate: IAPT

Tel: 01423 852137/852062

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

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<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 leedsth-tr.birthmatters@nhs.net LGI leedsth-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