

POST-NATAL INFORMATION PACK



Congratulations on the birth of your baby!

This pack has been put together to provide you with information you may find useful once you are at home with your baby.



Postnatal Care in the community

After your baby is born, your postnatal care in the community will initially be from a community midwife. The hospital will provide you further information with regards to this before you leave hospital or following a home birth.

The Health Visiting team who are based at the practice will be in contact with you to arrange a visit to you at home and this usually happens 10 - 14 days after your baby's birth. If you wish to contact the team for any advice or to arrange to see them, please contact 020 8974 8237. There is an answerphone if no-one is available to take your call and one of the health visiting team will call you back as soon as they can.

Postnatal Check with GP



You should have a postnatal check about six weeks after giving birth to make sure you are feeling well and are recovering properly. To book this appointment please telephone reception on 020 3727 2230 and ask to book a postnatal appointment. These appointments can be pre-booked up to 2 weeks in advance.

If you would like more information on the postnatal check you can view information at <https://www.nhs.uk/conditions/pregnancy-and-baby/postnatal-check/>. This appointment will give you an opportunity to discuss future contraception, any continuing vaginal discharge, advice on your next smear test if this is due as well as checking any wound healing.

You will be asked how you are feeling as part of a general discussion about your mental health and wellbeing. It is important to look after your emotional wellbeing at any time, but during pregnancy and after the birth of your baby you will

be more vulnerable to some of the common mental health problems that can impact on you and your baby.

We know that depression, anxiety and stress can affect your baby's development before birth and can impact on your coping and managing skills after birth. This can also affect your bonding and relationship with your baby. These problems are treatable so if you think that you are experiencing any of these, please talk to the GP, health visitors or contact ICope (<https://kingston.icope.nhs.uk/>).

Kingston ICope offers treatment for a range of psychological problems and is for all adults registered with a Kingston GP. You can self-refer to this service by completing the self-referral form on their website, by telephone on 0203 317 7850 or by email at cim-tr.kingston-iCope@nhs.net. Your GP can also refer you should you wish to discuss any concerns with them first.



Registering your baby - GP Practice

Upon discharge from hospital, you will have been given a discharge summary to deliver to your GP practice. This is the only information we need to register your baby with the surgery. If you have not already done so, please pass us this information so that we can register your baby as soon as possible.

Registering your baby - Registry Office

It is a legal requirement to register your baby in the area of birth within 42 days. If your baby was born in the Royal Borough of Kingston, the birth must be registered with Kingston Register Office.

The birth must be registered by one or both of the parents in person. If you are married at the time of your child being born, either parent can register the birth. If you are not married at the time of the birth, the mother can register the birth alone but the father's details will not be recorded. To have the father's details included on the register, both parents will need to be present when registering the birth.

In the Royal Borough of Kingston, you can book an appointment to register the birth on-line by going to https://www.kingston.gov.uk/info/200132/births/258/how_to_register_a_birth/2

If your baby was born outside of the Royal Borough of Kingston, please check the council website for further details of how to register your baby.



Health Visiting Team

Our health visitors can be contacted on 020 8974 8237. They are based at the practice and offer support and advice around physical, emotional and social well-being in families with children under 5.

They hold a weekly child health drop in clinic at the Kingston branch every Wednesday 1.30pm - 3.00pm.

Health visitors are able to offer advice around feeding, settling and any other concerns you may have on your baby's progress and well-being. The team based at Churchill Medical Centre includes 3 health visitors and a nursery nurse.

Nursery nurses are responsible to Health Visitors. They may assist with clinic sessions, facilitate groups and get involved in health promotion activities as well as working on an individual basis in the home or clinic setting.

The Kingston wide team has Health Visitors leading our Child Safeguarding service, Post Natal Depression Counselling Service, and groups supporting mothers with children with behavioural or sleeping problems. They can also signpost people to Psychosexual Counselling and Stop Smoking services.

There is an Infant Feeding Support team to help and support mothers with breast feeding if they are experiencing problems. They are present at the Breast Feeding drop-in sessions, and will also visit at home. They can be contacted via the child's Health Visitor.

Health Visitors and their teams also participate in immunisation programmes, child health clinics and child health surveillance. They will promote health through formal and informal health education to individuals and groups, thereby educating the child, parents and carers in the promotion of health and the prevention of ill health.

Your baby's 8 week check



Please can you contact the surgery to book an 8 week baby check. These checks are performed by either Jan Paish or Kate Fairbairn, 2 of our practice nurses or with one of our GP's.

This check is a thorough physical examination similar to that which is undertaken within 24 hours of birth to include your baby's eyes, heart, hips and, for boys testicles.

Once this check has been completed, your baby will be given their first vaccinations. We try to book these appointments into specific clinics which are held on Monday, Wednesday and Thursday's to allow time for both appointments.

If you do not wish your child to have any immunisations, it is still very important they you book their 8 week check to ensure your baby is healthy. This will also give you the opportunity to discuss any concerns around vaccinations you may have so that you are making an informed decision.



Information about routine immunisations can be found here:

<https://www.nhs.uk/conditions/vaccinations/?tabname=nhs-vaccination-schedule>

Please do not hesitate to contact the practice on 020 3727 2230 should you require any advice or other information.