
Postnatal Information and Advice.

On the front of the sleep safe wallet are contact telephone numbers for your Community Office as well as the Antenatal Postnatal Ward and Birthing Centre. There is always someone available for advice or support 24hrs a day.

Within the front cover of both your notes and your baby's notes there is a quick reference guide to symptoms that can occur after you have had a baby, what may cause these symptoms and who you should contact for treatment or advice.

Birth Registration.

You have 6 weeks (42 days) in which to register your baby's birth, in order to make an appointment you need visit the Barnsley Council website via www.barnsley.gov.uk/registerbirth where you will be able to select the date, time and location to register the birth of your child.

If you are your partner are married then either parent can attend to register the birth, if not then you both must attend.

Please see attached registration document.

By law every child born in England and Wales must be registered in the district where the birth took place. You need to register your baby to get a birth certificate. You can then register your baby with a doctor and claim any family-related benefits.

Who will you see after you have been discharged?

A Community Midwife from your Team will visit you at home the day after you have been allowed home; they will visit you between 9am and 5pm. Please contact the Antenatal Postnatal ward if you have not received a visit before 4.00pm. Your Community Midwife can visit you as needed up to 28 days after delivery.

Your Health Visitor will visit you at home after you have had your baby; they will let you know in advance either by post or text message.

You should see your GP between 6 and 8 weeks after you have delivered your baby for your postnatal check, this check is to make sure everything has returned to pre-pregnant state and that there are no problems. Speak to your own GP practice to organise this appointment.

Now your baby is here – Babies grow best with love, held close to mummy and daddy; they love to feel your skin against theirs. Falling in love with your baby will help them to feel safe and secure. Babies who receive lots of love and cuddles will not be spoiled but will feel safe and develop in the best way. When you talk, cuddle, stroke or sing to your baby they will respond to your tone of voice and your gestures. Even in the first days of life, your baby will want to talk to you by cooing, gazing at you and mimicking your facial expression. Cuddling and sharing happiness with your baby is as important as feeding in supporting your baby's brain to grow and develop.

Diet and Wellbeing – now that you have had your baby it is important that you still look after yourself. Try to have a balanced diet and eat regularly throughout the day, it is recommended that you keep yourself well hydrated by drinking plenty of water. If your iron levels were low in pregnancy now is the time to replenish your stores with an iron rich diet.

Rest is very important to help your body to recover now that you have delivered, we recommend that you take things easy at first and gradually increase your levels of activity until you are back to your normal level. It is important that you get enough sleep and this may involve sleeping whenever baby does!

Hygiene and wound care – ensuring that you wash your hands both before and after using the toilet, changing your pads and changing your baby's nappy will help to reduce your risk of a postnatal infection. If you have stitches then you are advised not to use scented products directly onto your wound, you can use shampoo, soap or shower gels to get washed. It is normal to have vaginal loss for up to 6 weeks and the amount should reduce steadily. If it becomes heavier, you start passing clots or the vaginal loss smells offensive then you need to contact your Community Midwife, GP or the hospital.

Sleep safe and prevention of Sudden Infant Death (SIDS) – SIDS is the sudden and unexplained death of a baby where no cause is found. While SIDS is rare, it can still happen and there are steps parents can take to help reduce the chance of this tragedy occurring. Although we don't yet know how to completely prevent SIDS it is possible to significantly lower the chances of it happening by following safer sleep advice. You should try and follow this advice for all sleep periods were possible, not just at night.

Smoking advice – it is recommended that if anyone in your home smokes then they should do so outside and ensure that the windows and doors are closed, a smoke free home is the goal! Toxins on the breath can last for up to 1 hour and in a car or home for 2-2 ½ hrs, second hand smoke can double the risk of SIDS and meningitis. We can refer you to our Smoke Stop Midwife if you wish.

Breast care and awareness – it is important that you regularly check your breasts after you have delivered and report any redness, pain or lumps to your Community Midwife or GP.

Sexual Activity and Contraception – contraception needs to be thought about now that you have had your baby, there are many options available and your Community Midwife, GP or local Family Planning Clinic can provide you with further information. Sexual activity can be resumed once you feel ready and it is comfortable. If you are due a cervical smear now that you have delivered, please contact your GP/ Practice Nurse or Family Planning Clinic.

REGISTRAR'S OFFICES FOR BIRTHS, DEATHS AND MARRIAGES

For all appointments please go online or call the number below

Barnsley Register Office (Contact Centre) – online at [Barnsley.gov.uk/registerabirth](https://www.barnsley.gov.uk/registerabirth) or call 01226 773555

Appointments available Monday - Friday

Royston Life Long Learning Centre – online at [Barnsley.gov.uk/registerabirth](https://www.barnsley.gov.uk/registerabirth) or call 01226 773555

Appointments available Tuesday 1.15pm to 3.30pm

Goldthorpe Library – online at [Barnsley.gov.uk/registerabirth](https://www.barnsley.gov.uk/registerabirth) or call 01226 773555

Appointments available Wednesday 9.30am to 12pm (from Wednesday 3rd April 2019)

Wombwell Library – online at [Barnsley.gov.uk/registerabirth](https://www.barnsley.gov.uk/registerabirth) or call 01226 773555

Appointments available Thursday 9.30am to 12pm

When your baby has been registered you will be offered the opportunity to purchase a FULL BIRTH CERTIFICATE, the cost of this is £11