

After your baby is born

All these questions relate to information found in the **After your baby is born** section. Please read the content and explore the links prior to completing.

Print or show to your midwife from 34 weeks onwards.

We recommend that you revisit these pages **After your baby is born**, by sharing it with your postnatal maternity team.

Developing a relationship with your baby

1. Have you watched UNICEF's 'Meeting your baby for the first time' video?

(Find this in the **Caring for your baby/Babies and sleep** section.)

- Yes
- No
- I am not sure/I would like to know more.

My thoughts, feelings and questions ...

2. Skin-to-skin contact with your baby after birth and beyond is recommended for all. Tick the comment that applies to you:

- I am aware of the benefits of skin-to-skin contact
- I am not sure/I would like to find out more.

My thoughts, feelings and questions ...

3. All women are given information about the value of breastfeeding, and how to get infant feeding off to a good start. Tick the comment that applies to you:

- I am aware of the value of breastfeeding
- I am aware of how to get feeding off to a good start
- I am not sure/I would like to find out more.

My thoughts, feelings and questions ...

4. Babies often show early signs that they might be ready to feed. Tick the comment that applies to you:

- I am aware of the signs to look out for that my baby might be ready to feed
- I am not sure/I would like to find out more.

Use the space below to write down what you know already, or for any questions or concerns you have about your care.

My thoughts, feelings and questions ...

Preparing for the first few hours and days after birth

5. Visiting hours at your maternity unit can vary. Tick the comment that applies to you:

- I have checked visiting times and I am aware of who can visit me after birth
- I am not sure/I would like to find out more.

It's useful to find out visiting times, particularly if you might have visitors travelling from a long distance.

My thoughts, feelings and questions ...

6. In some maternity units your birth partner(s) can stay with you in all areas, 24 hours a day. Tick the comment that applies to you:

- I am aware of my maternity unit's local policy on birth partners staying with me
- I am not sure/I would like to find out more.

Ask your midwife for information on your local maternity unit.

My thoughts, feelings and questions ...

7. Thinking about having things ready at home:

Think about what things you could do now to make caring for yourself and your baby easier at home.

My thoughts, feelings and questions ...

8. Thinking about who will be able to support you after giving birth when at home.

Your partner, friends, family or a neighbour, it's worth considering who will be able to help you at home.

My thoughts, feelings and questions ...

Your physical and emotional wellbeing after birth

Read the content section on physical and emotional health and wellbeing after birth.

9. Being prepared for your physical recovery after giving birth can help to get you and your new family off to the best start. I am aware of the following matters:

- | | |
|--|--|
| <input type="radio"/> physical/physiological changes to expect | <input type="radio"/> pelvic floor exercises |
| <input type="radio"/> postnatal pain relief options | <input type="radio"/> my options for long-acting contraception |
| <input type="radio"/> the importance of hand hygiene | <input type="radio"/> physical recovery after a caesarean birth |
| <input type="radio"/> signs of infection and what to do | <input type="radio"/> I am not sure/I would like to find out more. |

My thoughts, feelings and questions ...

10. Giving birth and becoming a parent is known to be a time of great emotional change, being aware of how you might feel after birth can help you to prepare. Tick the comment that applies to you:

- I am aware of the emotional changes to be expected
- I have considered what my family/friends can do to support me
- I know how to access support with my emotional and mental health after giving birth
- I am not sure/I would like to find out more.

My thoughts, feelings and questions ...

11. Feelings I and my family should look out for include:

- persistent sadness/low mood
- lack of energy/feeling overly tired
- feeling unable to look after my baby/feeling disassociated from my baby
- problems concentrating or making decisions
- changes in appetite
- feelings of guilt, hopelessness or self-blame
- difficulty bonding with my baby
- problems sleeping or extreme energy
- loss of interest in things I normally like
- having unpleasant thoughts that I can't control or keep coming back
- suicidal feelings or thoughts of self-harm
- repeating actions or developing strict rituals.

If you are worried by any of these feelings, talk to someone you trust and/or your midwife, health visitor or GP. Write down any concerns below ...

My thoughts, feelings and questions ...

12. Things to consider before going home include:

- how to tell if your baby is feeding well
- signs of an unwell baby and what to do if you're worried
- changes to expect in your baby's nappy.

Your maternity team will be on hand to provide support.

My thoughts, feelings and questions ...

13. Things to consider for when you are at home include:

- safe sleeping practices (sudden infant death syndrome prevention)
- newborn jaundice – what's normal, and what might need assessing by a healthcare professional
- the newborn blood spot screening test
- umbilical cord care and skin care
- bathing your baby.

My thoughts, feelings and questions ...

Community care and next steps

14. Community postnatal care is delivered in a variety of settings and by a multidisciplinary team of health and social care professionals. I am aware of the following services:

- community postnatal care
- how to contact my local community midwives
- how to contact my health visitor
- how to access additional infant feeding support
- how to access services in my local Children's Centres
- I am not sure/I would like to know more.

My thoughts, feelings and questions ...

15. My responsibilities after the birth, include:

- register my baby's birth within six weeks
- register my baby with my GP
- book a postnatal check with my GP at six-eight weeks after the birth for both me and my baby
- arrange for further tests at my GP surgery (If recommended by my midwife or doctor).

My thoughts, feelings and questions ...

16. If you have a pre-existing medical condition or if you were unwell around the time of your birth, you may have specific medical recommendations made by your doctors. Tick all comments that applies to you:

- none
- I have a pre-existing medical condition and I have discussed my specific postnatal care requirements with my doctor and midwife
- I experienced complications/was unwell around the birth, I am aware of the implications this may have on my postnatal care
- I am not sure /I would like to know more.

My thoughts, feelings and questions ...

17. If you have a named support worker or social worker, do you have their contact details? Are you aware of the support/plan of care you will be receiving from them once you are home. Tick the comment that applies to you:

- I am aware and have all the contact details I may need
- I am aware of how/who to access support from if required for my personal, social, emotional, psychological and mental health after I have given birth
- I am not sure/I would like some help with this

My thoughts, feelings and questions ...