

Bump, birth and beyond

Information to help you in pregnancy, birth and the early days of being a parent.



Use this booklet to say what matters to you.

Booklet 3 – after birth



Kent and Medway



About this booklet



This booklet follows on from Booklets 1 and 2.



- **Read booklet 1 to find out about our booklets and information to help you in pregnancy.**



- **Read booklet 2 to find out about the birth of your baby.**

After my baby is born



1. Breastfeeding or chestfeeding

Breastfeeding or **chestfeeding** means feeding your baby with milk from your chest.



When you are pregnant, your health team will talk to you about feeding your baby and what is best for you and your baby.

Tick the boxes you agree with.



- ☐ I know why breastfeeding or chestfeeding is good.
- ☐ I know how to feed my newborn baby.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions



To find out more, scan this QR code or visit www.kentandmedwaylms.nhs.uk/my-pregnancy/preparing-birth/learning-about-breastfeeding

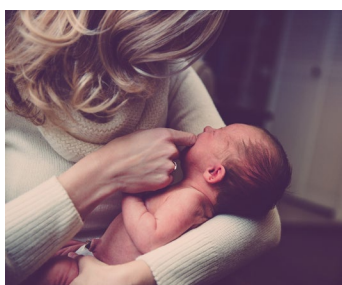


2. Bottle feeding your baby

Some people choose to feed their babies milk using a bottle.



If you want to feed your baby using a bottle, you need to learn how to make the milk and bottles safely.



Babies sometimes show signs that they are hungry and are ready to feed.



Tick the box you agree with.

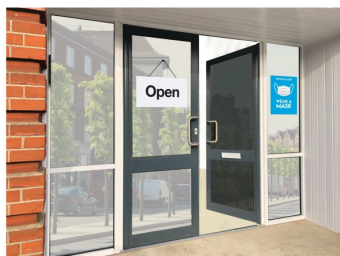
- ☐ I know the signs to look out for that my baby is ready to feed.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions

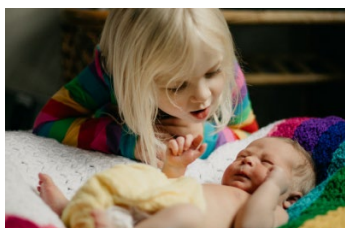


To find out more, scan this QR code or visit www.nhs.uk/start-for-life/baby/feeding-your-baby/bottle-feeding/



3. Visiting times

It is good to find out the visiting times at the place where you have your baby.



Your visitors will need to know when they can visit you and your baby.

Tick the box that you agree with.



- ☐ I have checked the visiting times.
- ☐ I know when visitors can come to see me and the baby.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions



4. Birth partners

Some maternity units will let your birth partner stay with you the whole time. They can sleep at the unit and do not have to go home.



You can ask your maternity unit what they allow.



Tick the box you agree with.

- ☐ I know if the maternity unit will let birth partners stay or if they must go home.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions



5. Getting help at home

Looking after a newborn baby can be hard. There are lots of things you can do before your baby is born to help make things easier when you bring your baby home.



You can ask your midwife or health visitor for advice.



It is a good idea to think about who can help you at home with your new baby.



Can any of these people help you?

- Your partner.
- Your friends.
- Your family.
- Any neighbours you know well.



My thoughts, feelings and questions



6. Getting help with your newborn baby

Some babies need extra help when they are born.



Neonatal units are special places for babies who

- are born very early
- are very small
- need help from a doctor.



My thoughts, feelings and questions

A large empty rectangular box for writing thoughts, feelings, and questions.



To find out more, scan this QR code or visit
www.neonatalkentandmedwaylmns.nhs.uk



7. Changes to your body after birth

Your body can change after you have your baby. It is good to know about these changes and get ready for these changes.



Tick the boxes you agree with.

- ☐ I know about the changes to my body after I have my baby.
- ☐ I know what choices I have for pain relief.
- ☐ I know about keeping my hands clean.
- ☐ I know what to do if I feel unwell.
- ☐ I know about pelvic floor exercises.
- ☐ I know about getting better after giving birth.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions



To find out more, scan this QR code or visit www.kentandmedwaylms.nhs.uk/after-birth

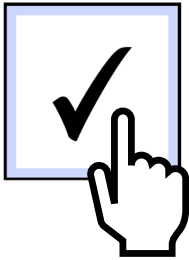


8. Your feelings after birth

Having a baby can make you have lots of different feelings.

Thinking about how you might feel can help you get ready for these new feelings and how others can help you.

Tick the boxes you agree with.



- ☐ I know about the feelings I might have.
- ☐ I know what my friends and family can do to help me.
- ☐ I know how to get help with my feelings after giving birth.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions



9. Feelings to look out for

You and your family should look out for any of these feelings.



- Feeling sad or unhappy a lot.
- Feeling very tired.
- Not feeling that you can look after the baby.
- Finding it hard to concentrate or make choices.
- Not feeling very hungry.
- Feeling guilty or bad about yourself.
- Not feeling close to your baby.
- Problems getting to sleep or having too much energy.
- Not wanting to do hobbies or interests.
- Thinking about hurting yourself or ending your life.
- Doing the same thing again and again or having to do things in a special order.

If you are worried about anything you can talk to your midwife, GP, health visitor or someone you trust.



My thoughts, feelings and questions



10. Things to think about

Here are some other things you can talk to your health visitor about.



- Vaccinations for your baby.
- How to tell if your baby is feeding well.
- How to tell if your baby is not well.
- Changes you will see in your baby's nappy.
- How to make sure your baby is sleeping safely.
- What co-sleeping is.
- What newborn jaundice is.
- Tests for newborn babies.
- Looking after your baby's skin.
- Giving your baby a bath.
- Vitamin K injection and drops.



My thoughts, feelings and questions



11. Knowing where to get help

Babies grow well when parents and carers love them and care for them.

Watch your baby carefully to see when your baby needs

- feeding
- comfort
- play
- sleep.



You can get lots of help from health experts after your baby is born.



Tick the boxes you agree with.



- ☐ I know I can get help from health workers in the community.
- ☐ I can contact my local midwives.
- ☐ I can contact my health visitor.
- ☐ I know how to get help to feed my baby.
- ☐ I know how to get help from my local children's centre.
- ☐ I am not sure. I want to find out more.



My thoughts, feelings and questions

Name **R. Smith**

Address **224 West St**

Manchester

Phone Number



12. Things you need to do after birth

After your baby is born, you need to

- register your baby's birth. This means telling your council about your new baby. You need to do this before your baby is 6 weeks old.
- register your baby with your GP.
- book a check up for you and your baby with your GP. You need to do this about 6 weeks after your baby is born.
- book more tests at your GP if your midwife or doctors tells you.

Your midwife can help you do these things.



My thoughts, feelings and questions



To find out more, scan this QR code or visit www.kentandmedwaylms.nhs.uk/after-birth



13. Looking after your emotions

- Make sure you drink enough water and eat healthy food.
- Try to relax using music and breathing exercises.
- Do something you enjoy, like having a bubble bath or reading a book.
- Stop doing things that make you feel stressed and that are not important.
- Ask for help with housework and looking after any other children.
- Talk to someone who you know well and tell them how you are feeling.
- Sometimes it can help to say you do not want answers and that you just want to talk.



My thoughts, feelings and questions

Your thoughts after birth



You can use this space to write down any worries you have about being pregnant, giving birth or having a baby.



1. Pregnancy

My thoughts, feelings and questions



2. Labour and birth

My thoughts, feelings and questions



3. After birth

My thoughts, feelings and questions



To find out more, scan this QR code or visit www.kentandmedwaylms.nhs.uk/after-birth/emotional-wellbeing-after-birth



Talking Therapies

This service helps people who need to talk to someone because they feel sad or unhappy or scared. You do not need to book this through a GP.

To find out more, scan this QR code or visit www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service



Perinatal Mental Health Community Service

This service helps women who have problems with their mental health.

To find out more, scan this QR code or visit www.kmpt.nhs.uk/information-and-advice/perinatal-mental-health-community-service-pmhcs/



Thrive

This service is for people who have had a bad experience during pregnancy and childbirth.

To find out more, scan this QR code or visit www.kmpt.nhs.uk/our-services/thrive-psychological-support-for-birth-trauma-and-loss/

Where you can find out more



You can get more information from these websites

- www.nhs.uk
- www.lullabytrust.org.uk
- www.wearebesideyou.co.uk
- www.nedway.gov.uk/info/200170/children_and_families
- www.kentcht.nhs.uk/service/kent-baby/health-visiting-service
- www.bliss.org.uk
- www.sands.org.uk



You can get more information from our website at

www.kentandmedwaylms.nhs.uk

Thank you to Creativeworld for the Easy Read version of these booklets www.creativeworld.co.uk

The full version of this document was made by
Kent and Medway Local Maternity and Neonatal System