

Congratulations!



On the Birth of your Baby

We hope that this birth pack will help you with your new baby and your journey as a parent. This pack contains some of the information that you may need in the coming months.

Useful Websites for advice

- [The NHS website - NHS \(www.nhs.uk\)](http://www.nhs.uk) - Advice about services and dealing with different illnesses
- [Patient.info: Health Information and Symptom Checker](#) – Information and leaflets on a large range of topics
- [When should I worry?](#) – Advice about managing common childhood illnesses and when to seek help
- [Bounty | Pregnancy & Parenthood Advice](#) – Website with advice and forums on all issues of pregnancy and babies
- [Home - Meet Anya.](#) - Vital support on breastfeeding and parenting journey
- [National Breastfeeding Helpline – Helpline](#) provides independent advice and support, by phone or online chat.
- [The Breastfeeding Network | Independent Breastfeeding Support](#) provides independent advice and support about breastfeeding.

Health Visitors

Health Visitors look after children from birth to school age. A Health Visitor will be assigned to you and your child when they are notified of the birth.

They will contact you to arrange a **New Birth Visit** usually within 2 weeks of baby's birth, at home.

Your Health Visitor should be your **first point of contact** for any queries about your baby/child if they are well but something in particular is worrying you. Issues might include:

- Advice about breast or bottle feeding and their weight
- Issues with sleep
- Common infections, teething & skin problems

- Colic, feeding and weaning

The Health Visitors run **drop in clinics** on the ground floor at Gracefield Gardens on **Mondays from 1.30 pm to 3.15 pm and Tuesdays from 9.30 am to 11.15 am.**

You can contact the Health Visitors on **020 3049 5300**

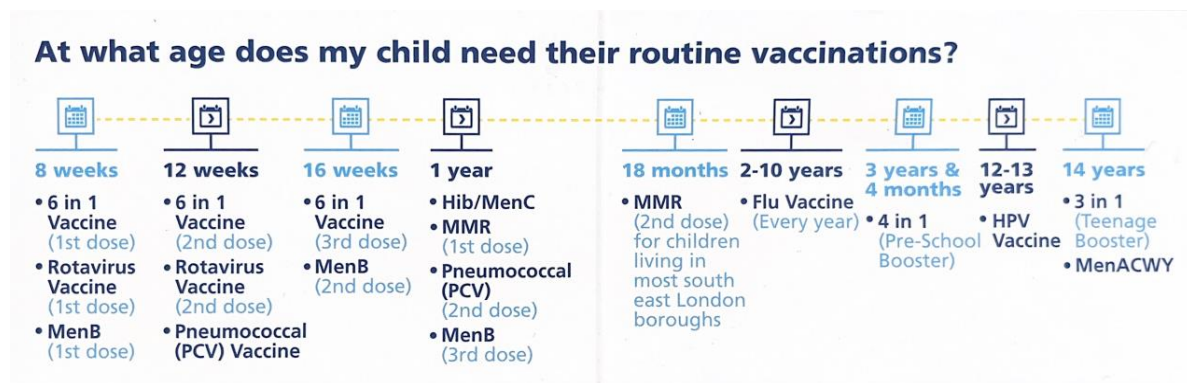
Post-natal checks

- **6-week check + mum postnatal check**

We will contact you when your baby is around 5 weeks old to book your baby a 6-week check and you for the postnatal check with the doctor (if many babies are born at the same time, it may be a bit later than this). The doctor will examine you both and give you advice as needed.

- **Immunisations**

We will book your baby to have their first immunisations when they are 8 weeks old with our Nurse. The doctor can explain these to you at the 6-week check. You can also find more details here: [Complete routine immunisation schedule from 1 July 2024 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/complete-routine-immunisation-schedule-from-1-july-2024)



- **BCG vaccination**

It should be offered to newborn babies when either parent or grandparents come from a high-risk country, in the hospital following delivery. If you think your baby is at risk and has not been vaccinated, please contact your Health Visitor for advice.

What to do when your child is sick

It can be scary when your baby is ill. However, most illnesses that babies and young children get are short and your child will recover quickly, often without even needing to see a doctor.

Useful tips

- **Buy a thermometer:** It is helpful for us if you know your child's temperature when you call for an emergency appointment (normal temperature is up to 37.2°C).
- **Keep Paracetamol or Ibuprofen syrup at home:** If your baby has a temperature or seems in pain, it is worth trying a dose of paracetamol or ibuprofen.

- **Consult your local pharmacist:** Pharmacists can give advice regarding treatments available over the counter for minor ailments and assess more urgent issues. Ask to speak to the pharmacist (not the shop assistant) when you visit.

How to get an appointment with your GP

If you think your baby/child needs to see a doctor on the same day, please **go online on your NHS App at 7:00 am or call us at 8:00 am to book a same-day appointment.**

If all appointments are taken, please give as much information as possible to our receptionist so they can get advice from the duty doctor on what to do.

For non-urgent issues, you can check availability online or call us any time (avoid 8:00 am) for appointments up to 10 days in advance.

Out of Hours

When we are closed, go to **111.nhs.uk** or **call 111** if you need help that does not require you to go to A&E or call an ambulance.

If your baby/child needs to be seen, they will offer you an appointment in a local clinic to be seen.

Accident & Emergency

If you think your child is very seriously ill then you can take them to A&E, 365 days a year, 24 hours a day. Our nearest A&E's are:

- St Thomas' Hospital in Waterloo
- King's College Hospital on Denmark Hill
- St George's Hospital in Tooting

A&E is busy, so should be used only when your baby or child is seriously ill or has had an accident. This might include:

- They are very drowsy or floppy
- They are fitting
- They are having difficulty breathing
- They have signs of meningitis
- They are a funny colour
- You think they have broken a bone or they have a wound that is bleeding
- You are advised by a doctor or pharmacist to go to A&E

A&E is not the place to go for normal childhood illnesses such as:

- Tummy bugs, vomiting and diarrhoea
- Fever
- Coughs, colds and sore throats
- Flu
- Ear infections
- Eye infections
- Rashes that fade when pressed

For these problems, please see us or contact 111. The GP will advise you to go to A&E if they are concerned.

Breastfeeding support groups in Lambeth

How do I know my baby is feeding well?

These are the **three reliable ways** for you and your midwives to know your baby is getting enough breastmilk:

- **Suckling effectively** at the breast, starting feeds with rapid sucks and slowing into rhythmic suckling with pauses. You may even hear swallowing. You should not have sore nipples.
- **Urine & stool output** (after your milk 'comes in' around day 3) will give you an idea of what is going in. Your baby should have 6 wet nappies and 2 poos (yellow/orange and the size of £2 coins) every 24 hours by day 6. At around 6 weeks the poos may become less frequent.
- **Weight gain** is a reliable sign that your baby is getting enough breastmilk. It is normal for babies to lose some weight in the first days but then they should start to gain weight.



There are support cafés and breastfeeding support groups provide a safe and comfortable environment to start and continue breastfeeding. You can attend and discuss your breastfeeding needs with mother-to-mother breastfeeding peer counsellors, midwives and health visitors.

Specialist one-to-one breastfeeding support is also available through referral from your midwife or health visitor and the drop-in groups.

Find your nearest breastfeeding support group or breastfeeding café:

Lambeth breastfeeding drop-in groups

- **Mondays** 10am to midday (arrive by 11.30am)
Gracefield Gardens Health Centre, 2-8 Gracefield Gardens, SW16 2ST
Phone: 020 3049 5030

- **Tuesdays** 10am to midday (arrive by 11.30am)
St Stephen's Children's Centre, Meadow Place, SW8 1XY
Phone: 020 7735 1540

- **Thursdays** 10am to midday (arrive by 11.30am)
Benton's Lane Children's Centre, 18 Benton's Lane, SE27 9UD
Phone: 020 4542 3520

- **Fridays** 10am to midday (arrive by 11.30am)
Jubilee Children's Centre, Tulse Hill, SW2 2JE
Phone: 020 8678 6530

Please note that drop-in group availability may vary due to public or school holidays, please phone in advance or check the Facebook page for up-to-date information.

The [Lambeth & Southwark Breastfeeding Groups | London | Facebook](#) has the most up-to-date information about our breastfeeding groups, including holiday closures of children's centres.

Drop-in sessions at St Thomas' Hospital

If you're staying on the maternity unit, you can come to our daily breastfeeding information session, which is held in the postnatal ward.

If you or your baby are staying somewhere else in Guy's and St Thomas', please contact us for support and information:

Phone: 020 7188 7564

Email: BreastfeedingTeam@gstt.nhs.uk