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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

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اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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# POSTNATAL INFORMATION FOR PARENTS

## Caring for your newborn



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## Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk)

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## Postnatal Information for Parents

Caring for your newborn (More detailed information can be found in your 'The Pregnancy Book' that was given to you at your first booking appointment)

Your baby will have a full examination before being discharged home from hospital and you will have regular visits at home from your community midwife to check on you and your baby's wellbeing.

Occasionally baby's illnesses can become serious very quickly and there are some very important symptoms that can develop that you should be aware of. You know your baby best so if you are worried you must ask for help sooner rather than later. The following check list of symptoms may help you to decide whether you need to seek medical attention for your baby from either your midwife or doctor:

- High pitched or weak cry
- Pale all over
- Baby appears less responsive or floppy
- Makes a grunting noise with each breath
- Passes much less urine
- Has blood in stools
- Takes less than a third of feed
- Vomits green fluid
- Has high fever or sweating

Contact telephone numbers are found on page 20 in the postnatal notes. You can talk to a midwife or leave a message for your community midwife by dialing 01932-722413.

**Urgent** medical attention can be obtained by dialing 999 if your baby:

- Is unresponsive and shows no awareness of what is going on
- Cannot be woken
- Has glazed eyes and does not focus on anything
- Has fit
- Stops breathing or goes blue

Information for reducing the risk of cot death can be found in the NHS leaflet 'Reduce the risk of cot death' that you will find within your red book.

The main recommendations include:

- Placing your baby on his/her back to sleep in a cot in a room with you
- Do not or cut down smoking in pregnancy – fathers as well

- Do not let anyone smoke in the same room as your baby
- Do not share a bed with your baby if you have been drinking alcohol, if you take drugs or if you are a smoker
- Never sleep with your baby on a sofa or armchair
- Do not let your baby get too hot - keep your baby's head uncovered and place your baby in the position

Children in the age group 0-4 years are most at risk from a home accident.

Your health visitor will arrange to visit you after the 10<sup>th</sup> postnatal day.

She/he will be able to give you practical information on the general safety of you baby.

She will also give you a copy of the 'Birth to five' book at her first which will also give you information on preventing accidents and general first aid.