

What to expect:

6 to 8 week baby check and your postnatal check with your GP surgery

Information for mums and partners



Leaflet prepared in partnership with:



HUMBER, COAST & VALE

Maternity Voices Group

Networking Maternity Voices Partnerships in Humber, Coast & Vale

For baby



Soon after birth, your baby will have been checked by an appropriately qualified midwife, nurse or doctor.

Your baby is checked again by the general practitioner (GP) or other suitably qualified primary care practitioner around 6 to 8 weeks after birth. This will be a face-to-face appointment as your baby needs to be checked over physically: checking the eyes, heart, lungs, and hips along with other things. It would be helpful if you could bring baby's red book to that appointment.

Lots of practices are combining this appointment with your baby's 8-week vaccinations. However, each practice might run things slightly differently and you can ask a receptionist at the surgery about how your practice does this.

Your baby is not likely to be weighed at the 6 to 8 weeks check. Most practices ask if you could make arrangements for baby to be weighed and measured by the health visitor before the appointment so their growth can be checked on the growth charts in your baby's red book.

This is an opportunity to chat through any concerns you might be having. **However, if your baby is unwell, please do not wait until this check-up, and instead book an appointment with your practice.**

If you have concerns about feeding, your health visitor is also a useful contact.

For mum/birthing parent

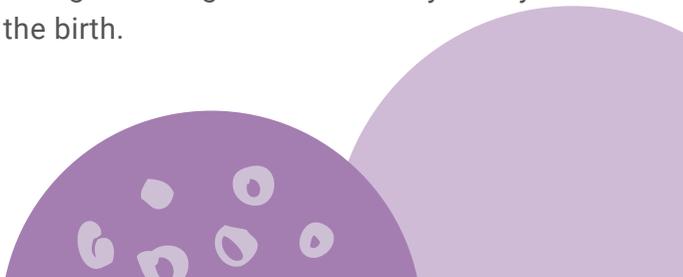
After the birth, you will see the midwife. They will check that you are recovering well from birth and are managing with breastfeeding/chestfeeding (if this is the feeding method you have chosen). Usually, this is just for the first couple of weeks after the delivery. For some mums, this may be longer (up to 28 days after the delivery) if there are things the midwife is specifically checking on, or you are struggling with.

The GP, or other suitably qualified primary care practitioner, will then offer you a postnatal check around 6 to 8 weeks after birth. Initially, this is likely to be over the telephone. However, if there are any problems, or you need a physical examination, the practitioner will have the facility to arrange this.

At your postnatal check, it is likely the following things will be discussed:

- Your general wellbeing including your mental health
- Vaginal bleeding and discharge symptoms
- How your bowels and bladder are working
- How any wounds might be healing: this might be vaginally from any tears or from a caesarean section
- Contraception

This is also your opportunity to discuss any problems you might be having relating to adjusting to having a newborn baby or any physical problems after the birth.



If your practice has not been in touch with you to book this appointment by the time your baby is 6 weeks old, please contact your practice and discuss with a receptionist whether you can book this, or if they are going to contact you to arrange it. Each practice will do things slightly differently.

In the meantime, if you are unwell, you should contact the practice via the usual route.

For dads and partners

Partners aren't routinely offered an appointment with the GP to review how they are doing after baby arrives. However, we recognise that having a baby is life changing and can sometimes be a bit overwhelming for partners too.

If you need any support, you can contact your practice to arrange a review appointment. This is likely to be a telephone appointment initially.

Having a new baby at home can be a stressful time. The following website contains information you may find helpful:

<https://iconcope.org>

www.maternityvoiceshcv.org.uk

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request.

Please email: hullccg.hcvlms@nhs.net

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