

THE Honest Midwife

PRACTICAL
PARENTING

SAFE SLEEPING

SMOKING DURING PREGNANCY INCREASES THE RISK OF SUDDEN INFANT DEATH SYNDROME. ASK YOUR MIDWIFE FOR SUPPORT IF YOU ARE WANTING TO GIVE UP.



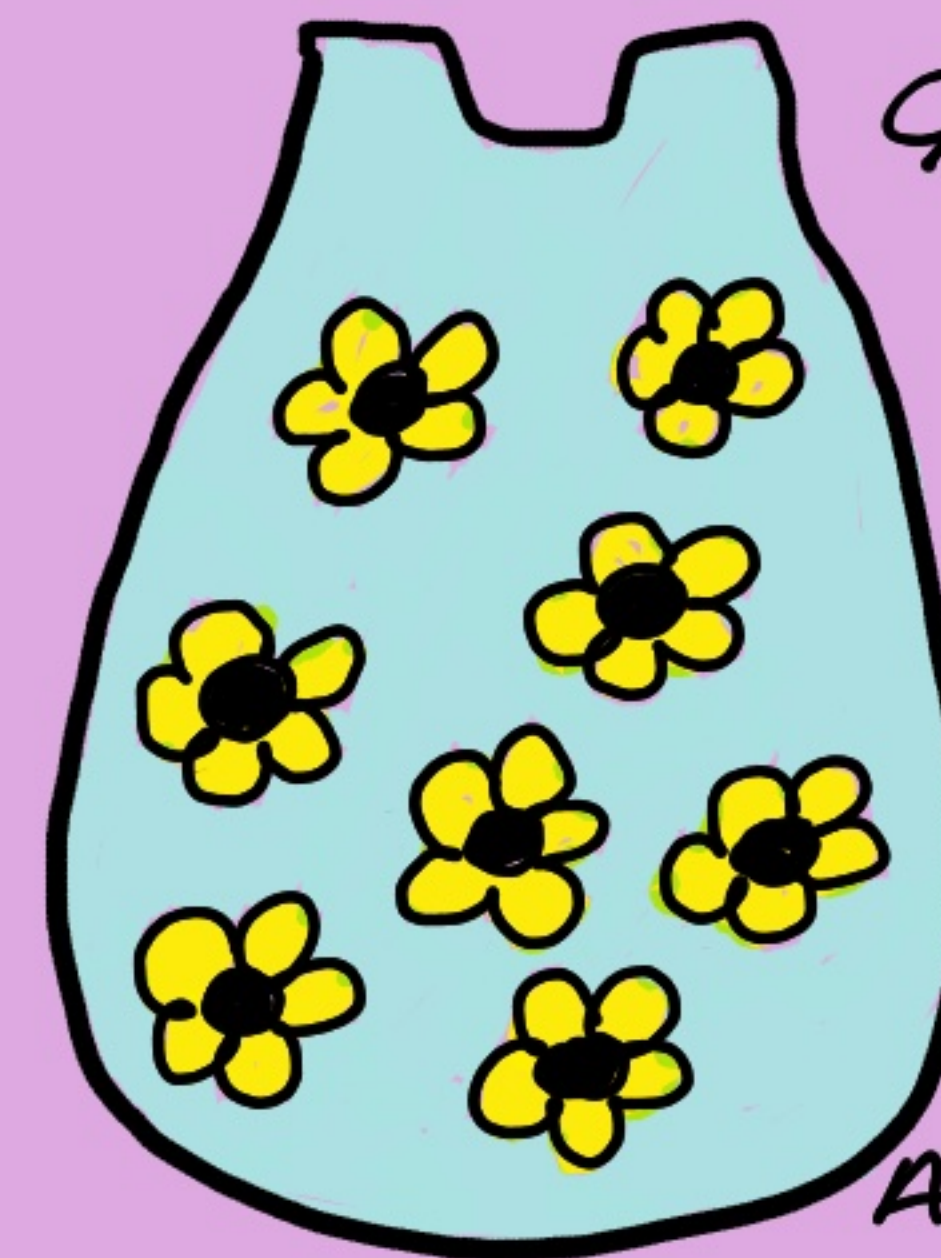
NEVER BED SHARE IF YOU OR YOUR PARTNER SMOKE.

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BABIES OFTEN FALL ASLEEP ON CAR JOURNEYS. REMEMBER WHEN IN A CAR SEAT THEY ARE NOT SLEEPING ON A TOTALLY FLAT SURFACE. MAKE SURE YOU CAN SEE BABY AND MAKE REGULAR STOPS.

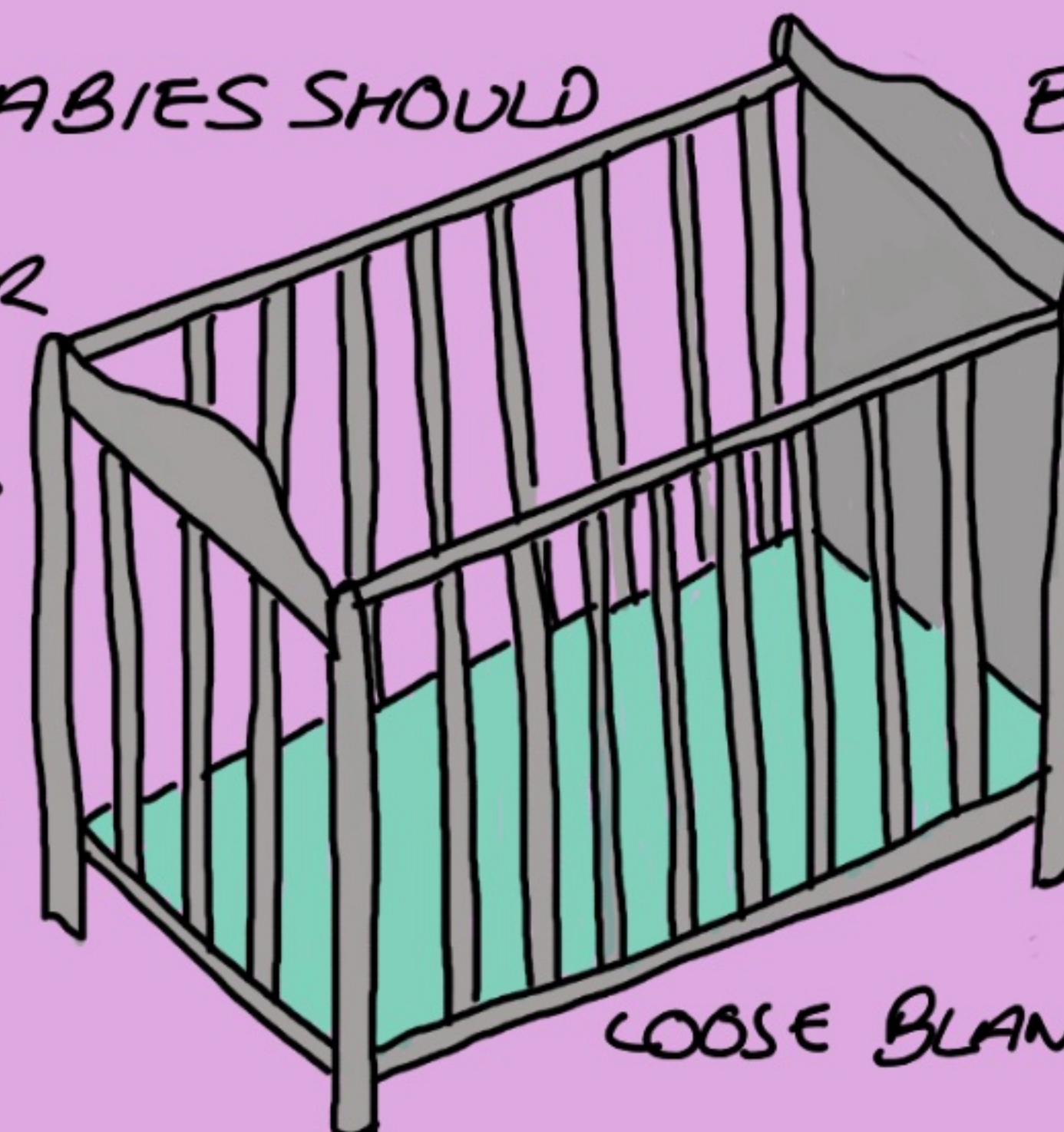


SLEEP BAGS ARE A GREAT WAY TO DRESS BABY FOR SLEEPTIME.



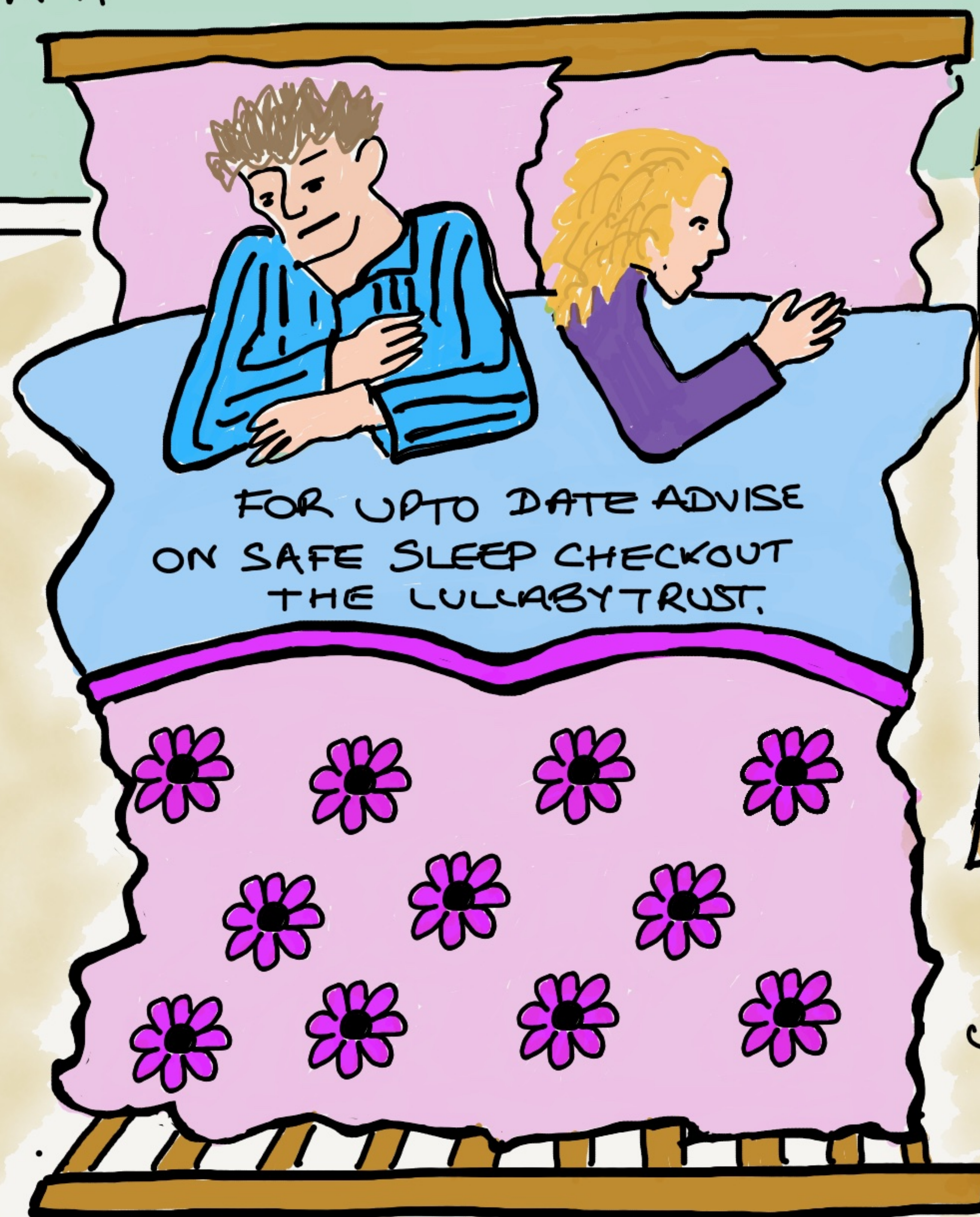
MAKE SURE YOU ARE USING THE CORRECT THICKNESS

BABIES SHOULD BE PLACED IN THEIR OWN COT OR MOSES BASKET BACK. THE COT SHOULD BE CLEAR OF TOYS, LOOSE BLANKETS OR BUMPERS. ENSURE MOBILES ARE OUT OF REACH.



THERE IS NO EVIDENCE THAT
TILTING BABY'S COT HELPS WITH
REFLUX. KEEP BABY ON A
FLAT SURFACE.

THE ONLY THING THAT
SHOULD BE IN YOUR
BABY'S COT IS YOUR
BABY!



KEEP BABY'S HEAD
UNCOVERED. HATS ARE
NOT NEEDED INSIDE

SLEEP POSITIONERS
ARE NOT RECOMMENDED
BY THE LULLABY
TRUST.

IDEAL ROOM TEMP
IS BETWEEN 16-20
DEGREES.

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SLEEP SAFETY CAN CAUSE
A LOT OF ANXIETY. PLEASE
REMEMBER SIDS IS VERY RARE.

BABY SHOULD BE SLEEPING
IN THE SAME ROOM
AS YOU FOR THE FIRST
6 MONTHS.

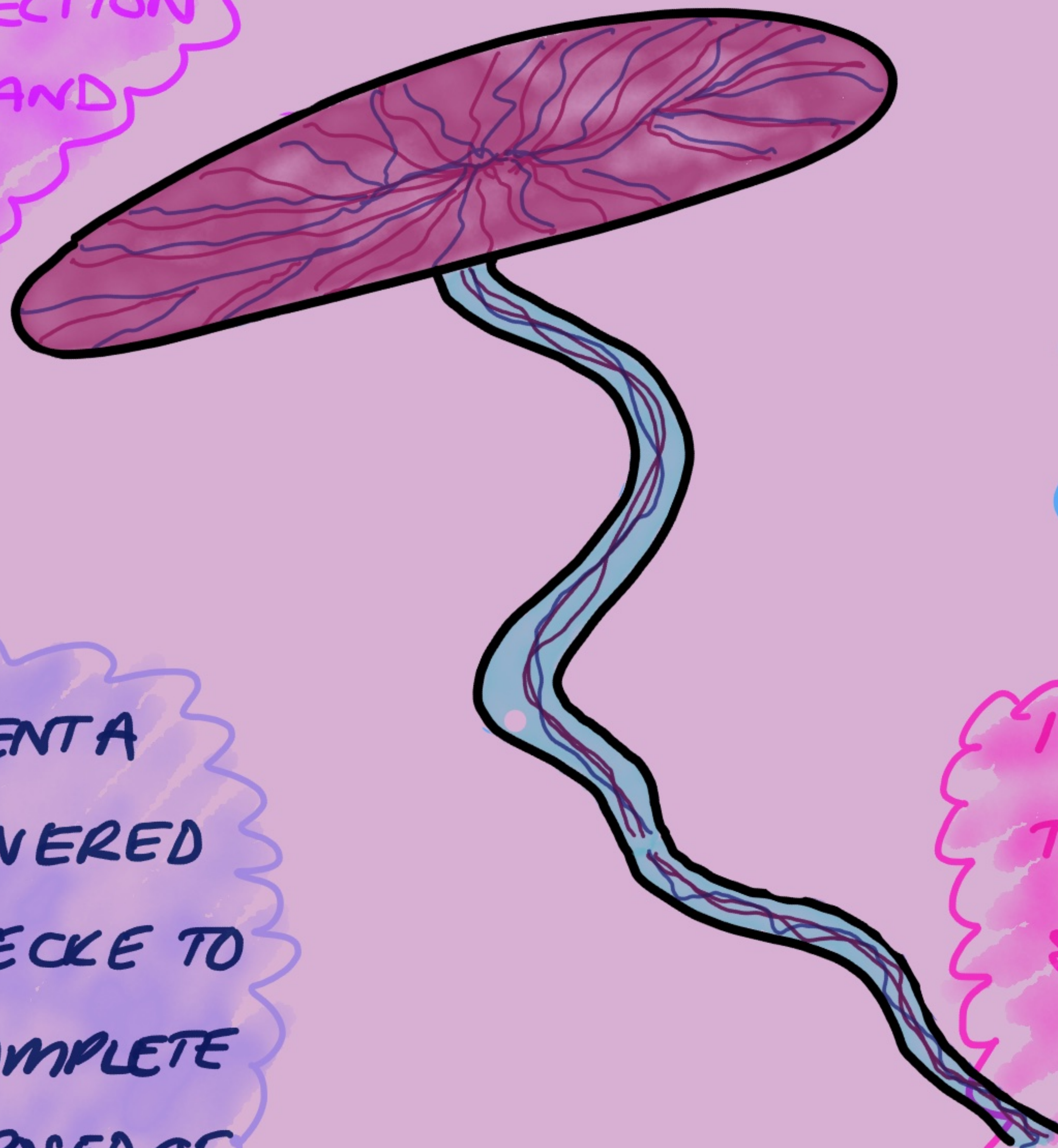
Placenta Delivery

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PLACENTA CHOICES

① ACTIVE - YOU ARE GIVEN AN INJECTION IN YOUR LEG AND PLACENTA IS USUALLY HERE IN 20 MINS

ONCE YOUR PLACENTA HAS BEEN DELIVERED IT WILL BE CHECKED TO ENSURE IT IS COMPLETE AND THEN DISPOSED OF



PLACENTA CHOICES

2. PHYSIOLOGICAL - NATURE TAKES ITS NATURAL COURSE AND PLACENTA IS BIRTHED USUALLY WITHIN AN HOUR

IT IS WORTH NOTING THAT THERE ARE STUDIES THAT SUGGEST THAT, DUE TO HIGH LEVELS OF MERCURY, CONSUMING YOUR PLACENTA MAY NOT BE GOOD FOR YOU

The Baby Check

TIP:

TAKE A PHOTO
OF SCALES SO
YOU HAVE
THE WEIGHT



WEIGHING BABY IS THE ONLY
PART OF THE BABY CHECK THAT
CAN'T BE DONE WHILST BABY IS
ENJOYING SKIN TO SKIN. IT ONLY
TAKES A FEW SECONDS.

TO PROJECT YOUR SKIN TO SKIN
TIME WITH BABY ASK YOUR
MIDWIFE TO DO AS MUCH OF
THE CHECK WITH YOU HOLDING BABY.



BABY'S HEAD CIRCUMFERENCE WILL
BE MEASURED AND PLOTTED
IN THE RED CHILD HEALTH
RECORD BOOK.

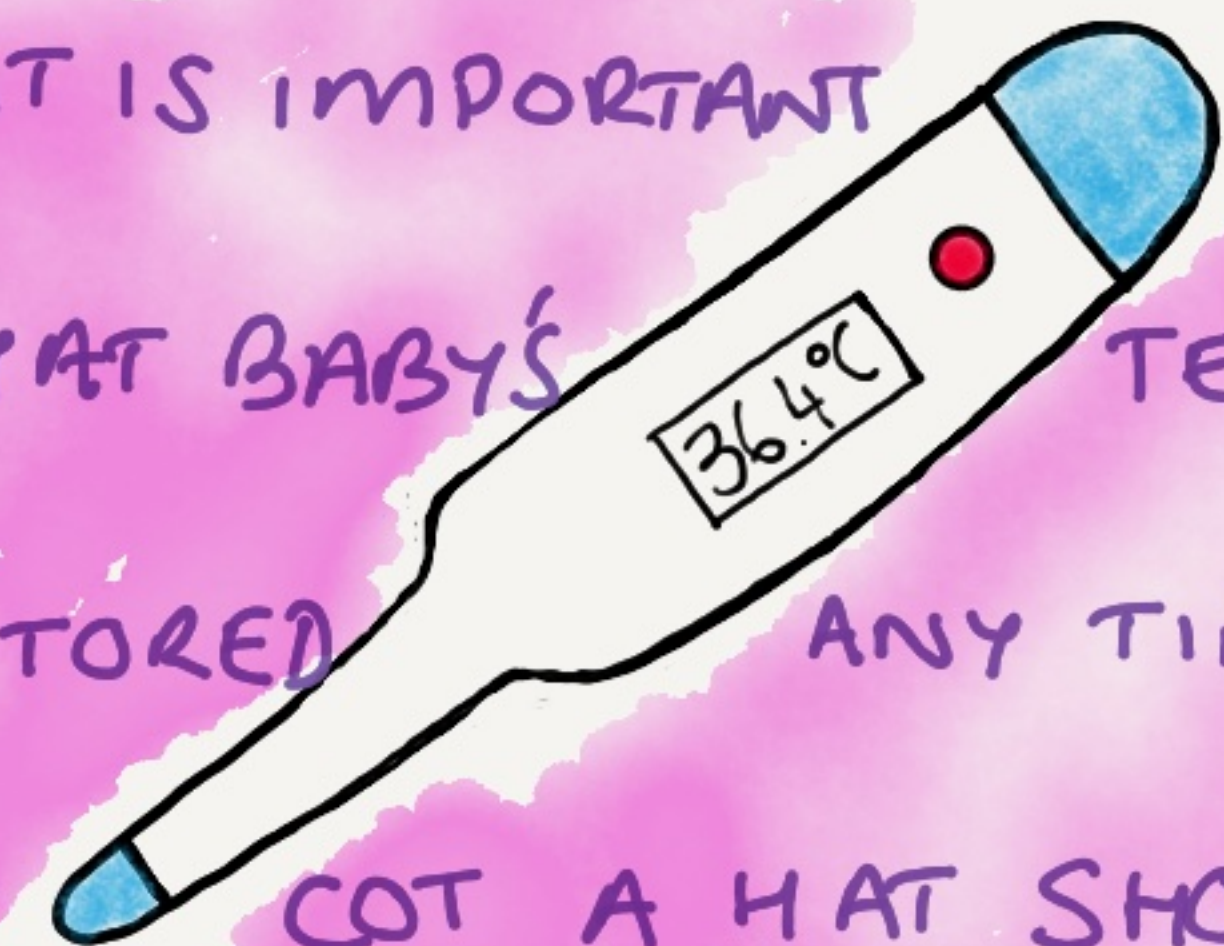
VITAMINK



OFFERED TO
ALL BABIES TO REDUCE
THE RISK OF SERIOUS BLEEDING.
A VERY SMALL INJECTION.

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IT IS IMPORTANT
THAT BABY'S TEMPERATURE
IS MONITORED ANY TIME BABY IS
IN THE COT A HAT SHOULD BE
WORN. ONCE HOME HATS INSIDE
SHOULD NOT BE WORN.



DELAYED CORD CLAMPING

DELAYED CORD OR OPTIMAL CORD CLAMPING IS WHEN THE CUTTING OF THE BABY'S UMBILICAL CORD IS NOT DONE IMMEDIATELY. IT IS USUALLY LEFT FOR AT LEAST TWO MINUTES AND HAS LOTS OF BENEFITS.

DELAYED CORD CLAMPING RESEARCH SHOWS THAT BABIES BENEFIT FROM A DELAY IN CLAMPING THE UMBILICAL CORD FOR A TIME AFTER BIRTH. UNLESS THERE IS CONCERN REGARDING BABY'S WELLBEING, THIS IS NOW DONE AS STANDARD.



CORD BLOOD BANKING AS NEW ADVANCES HAVE BEEN MADE CORD BLOOD BANKING HAS BECOME MORE POPULAR AND ACCESSIBLE. WE RECOMMEND FUTURE HEALTH BIO BANK AS A PROVIDER OF THIS SERVICE.

REDUCES RISK OF ANEMIA
GREAT FOR EARLY BABIES
CAN BE DONE AT C-SECTION
VERY SAFE.

THE ONLY TIME THAT THE CORD WOULD BE CUT STRAIGHT AWAY IS IF THERE WAS ANY CONCERN REGARDING YOUR BABY'S WELLBEING.

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It's Bathtime!

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Take the lids off any shampoos or soaps before you start

Have everything to hand. Towel, shampoo, sponge, cushion to kneel on.

Best way to check temperature is to dip your elbow in the water. That's how it will feel for your baby.



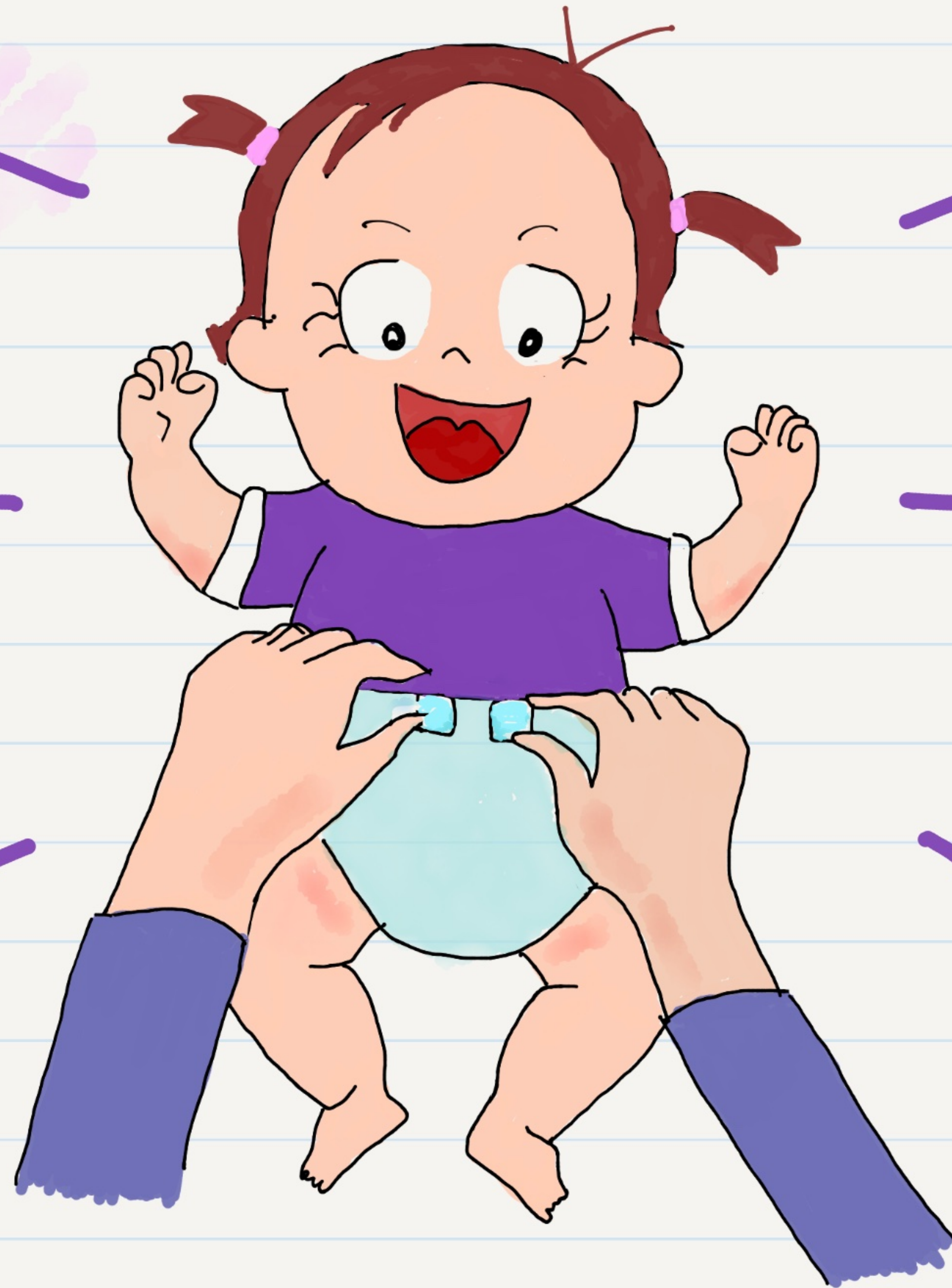
Wash hair last so baby isn't sitting in the suds too long as these can be drying for skin.

NEVER leave a baby in the bath alone. Even for a second.

If you are not wet through after bathtime ... you're not doing it right!

Nappy Changing

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Cover changing mat with a pillowcase

Change often to avoid nappy rash

Create a changing station

Keep nails short

Ensure you both know how to change nappies!

Make sure boys bits are pointing downwards!

Nappy Changing Boys

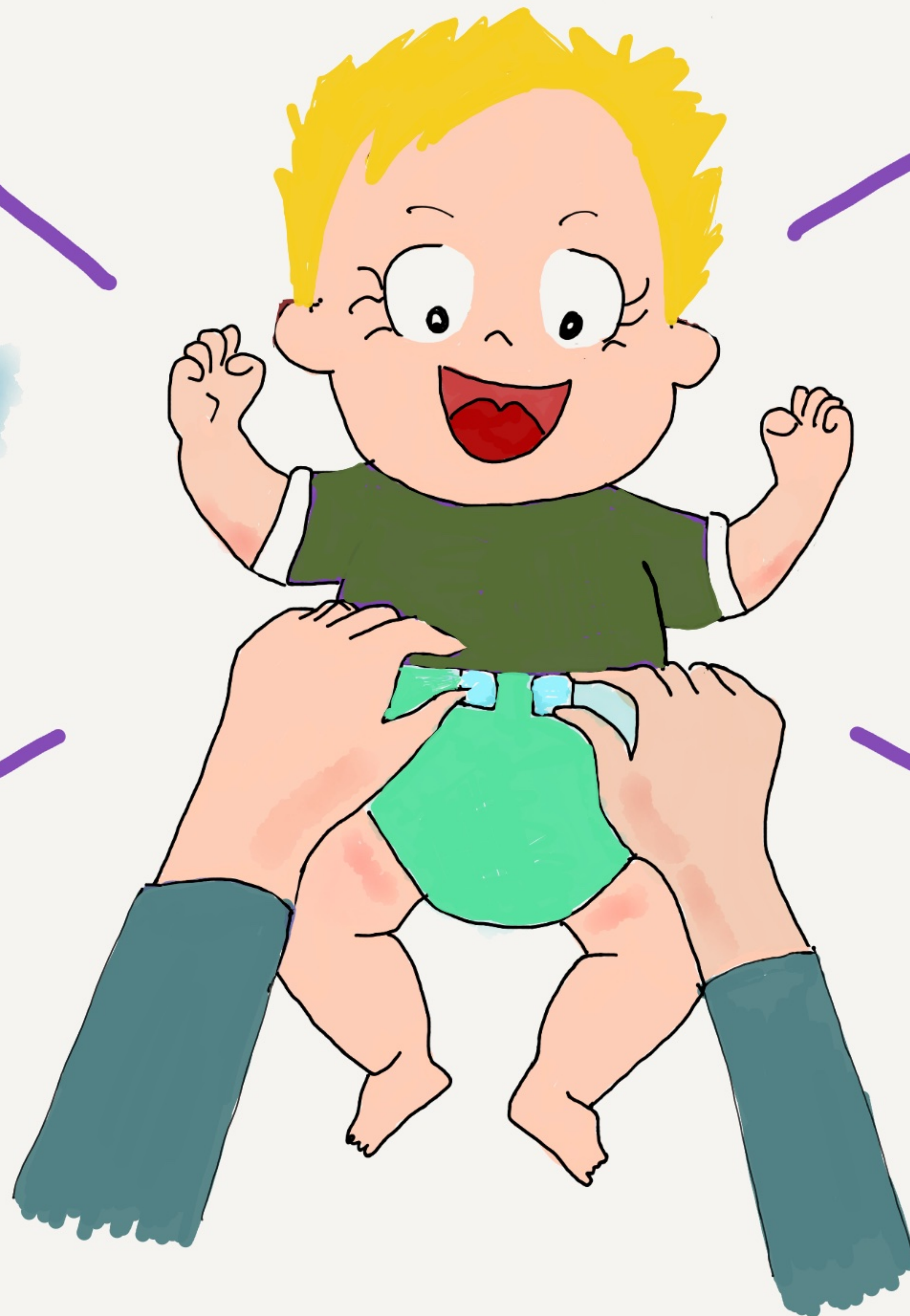
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Lift Willy & testicles so you can make sure you have cleaned everywhere

As you open baby's nappy, place a wipe over baby's Willy to avoid being weed over!

Make sure you give you little man a good dry off before putting on new nappy.

Ensure baby's Willy is pointing downwards otherwise nappy will likely leak!



Baby Changing Girls

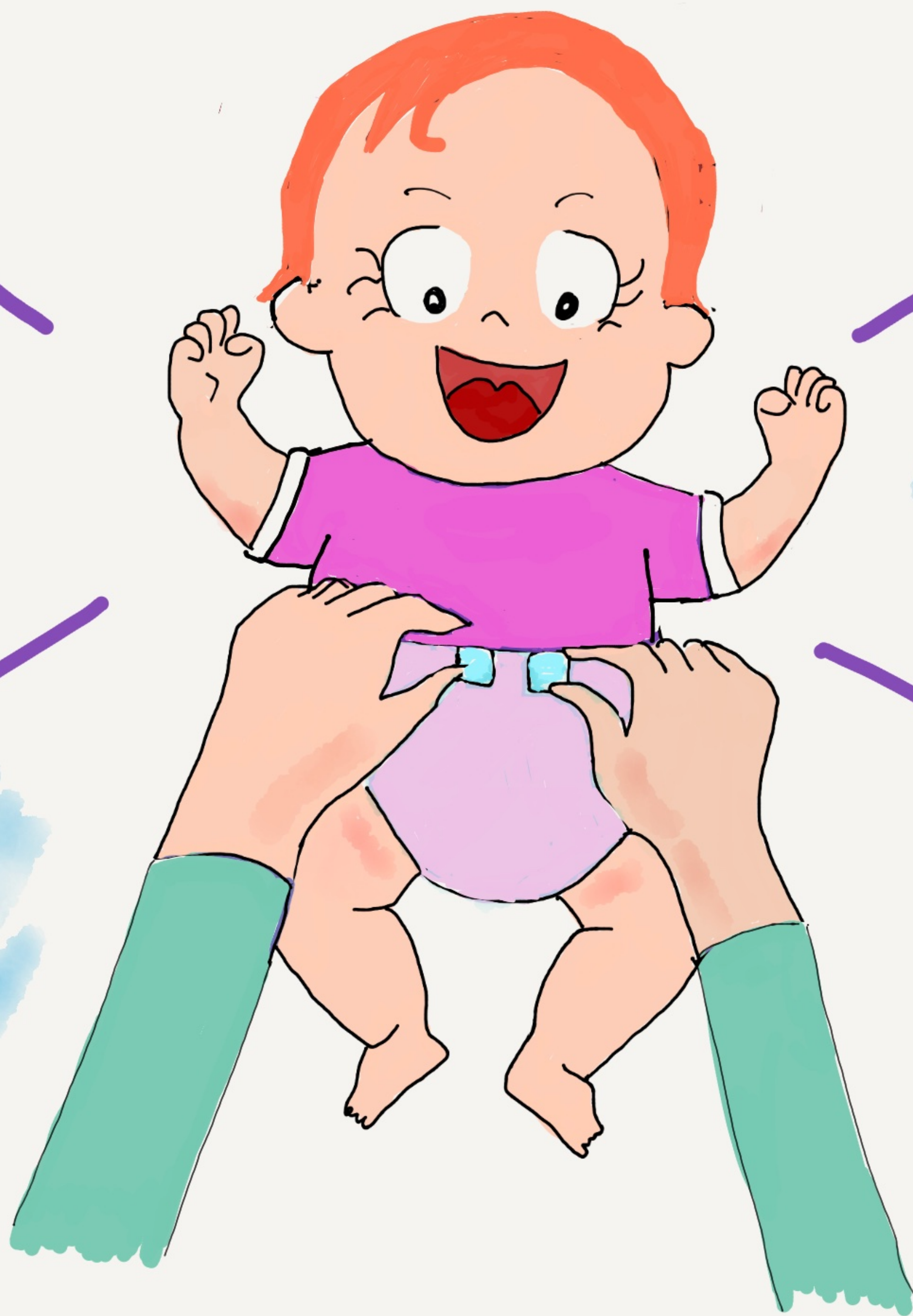
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Always wipe from front to back to avoid infection.

Poop can get everywhere so check all the folds to ensure you get all the mess cleared away

Don't forget... you may see a little blood or discharge as maternal hormones make their way out of the system.

Don't be scared of cleaning inside the front bottom. It's not good to have poop left there.



Baby Poo Colours

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BLACK TREACLE POO

1-2 WET / 1 DIRTY
(OR MORE)



GREEN PESTO POO

3 WET / 2 DIRTY
(OR MORE)



YELLOW "MUSTARD" POO

5-6 WET / 2 DIRTY
(OR MORE)



CONTACT GP



POOP MAY BE FIRMER
IF FORMULA FEEDING



BLOOD IN POOP
SHOULD BE CHECKED

A REDDISH PINK STAIN IN NAPPY IN FIRST FEW
DAYS IS USUALLY "URATES". AS BABY TAKES BIGGER
FEEDS THIS SHOULD GO. SHOULD BE GONE BY DAY 3.

BABY GIRL
DON'T WORRY IF YOU
SEE A SMALL AMOUNT OF
DISCHARGE OR BLOOD IN
BABY'S NAPPY. THIS IS
MATERNAL HORMONES WORKING
THROUGH HER SYSTEM.

PLEASE NOTE: THIS IS
JUST A GUIDE. ALL BABIES
ARE DIFFERENT. IT IS NOT
UNCOMMON, ESPECIALLY
FOR BREASTFED BABIES FOR
THEM TO HAVE SEVERAL
DAYS OF NOT POOING
(ESPECIALLY AFTER 6 WEEKS)