



# Birth Preparation Course

These presentations accompany the 3 Birth preparation Videos produced by the Chelsea and Westminster Hospital NHS Trust which can be found on the Birth Preparation page of our website

The “Padlets” mentioned in the presentation are also available on the same page of the website





# Newborn Checks/Going Home

- APGAR Score
- Midwife does a physical check on baby
- Vitamin K offered (injection or drops onto baby's tongue)
- EON (Examination of Newborn) Check
- Check feeding is established - if feeding is not working for you, do ASK for support from staff in the hospital or from your community midwife

Typically at Chelsea & Westminster, women who give birth vaginally and are well (baby too) go home between 12 and 24 hours after the birth and women who have a caesarean birth go home between 36 and 48 hours after birth





# Newborn Appearance



**Vernix:**  
The waxy covering  
on the baby's skin to  
protect them in the  
amniotic fluid



**Molding:**  
The baby's head  
"molds" to fit  
through the birth  
canal, but goes back  
to a more rounded  
shape within the first  
day or so

**Skin colour:**  
Newborn babies  
circulate their blood to  
the main organs of the  
body first, so hands  
and feet can  
sometimes look a little  
pale/bluish and feel  
cold for up to 72 hours





# After an Assisted Birth

## Forceps Marks



## Ventouse Bruise





# Postnatal Support

- On the ward, you will be looked after by midwives, maternity support workers and nursery nurses (there is more information about your stay on the postnatal ward on the padlet)
- Each morning, there will also be a “going home” talk, a visit from the Women’s Health Physio team and a talk by our Infant Feeding Team, which you are strongly encouraged to attend.
- Before you are signed off by the hospital, your midwife will let you know how to access the Health Visitor service and signpost where you can go for ongoing support – you will also receive a Child Health Record book (“little red book”) for your baby, which is also available online
- If you have any health concerns about you or your baby in the first 28 days, you can call the Maternity Ward – after that, contact your GP or A&E





# Postnatally – Things to look out for

## Postnatal bleeding:

This is normal, but if you soak through a pad in under an hour or if you see any blood clots bigger than a 50p piece, please speak to your midwife

## Your Breasts:

It is normal for your breasts to swell and veins to become more prominent. Look out for signs of infection, which include red patches, pain and/or fever

By day 3, mum should have passed a stool and be passing urine as normal – if this isn't the case, then speak to your midwife

## After a Caesarean:

External stitches will be removed by the midwife at home. If you notice any discharge or swelling around the wound, speak to your midwife

## Perineal Tearing:

If you have a tear, do remember to take regular pain relief if you need to. If your stitches had felt better and then start to hurt again, tell your midwife

## Baby Blues:

It is normal to feel a little low in the days after the birth, but if this continues into weeks, please speak to your GP or Health Visitor or self refer to Talking Therapies

## DON'T FORGET

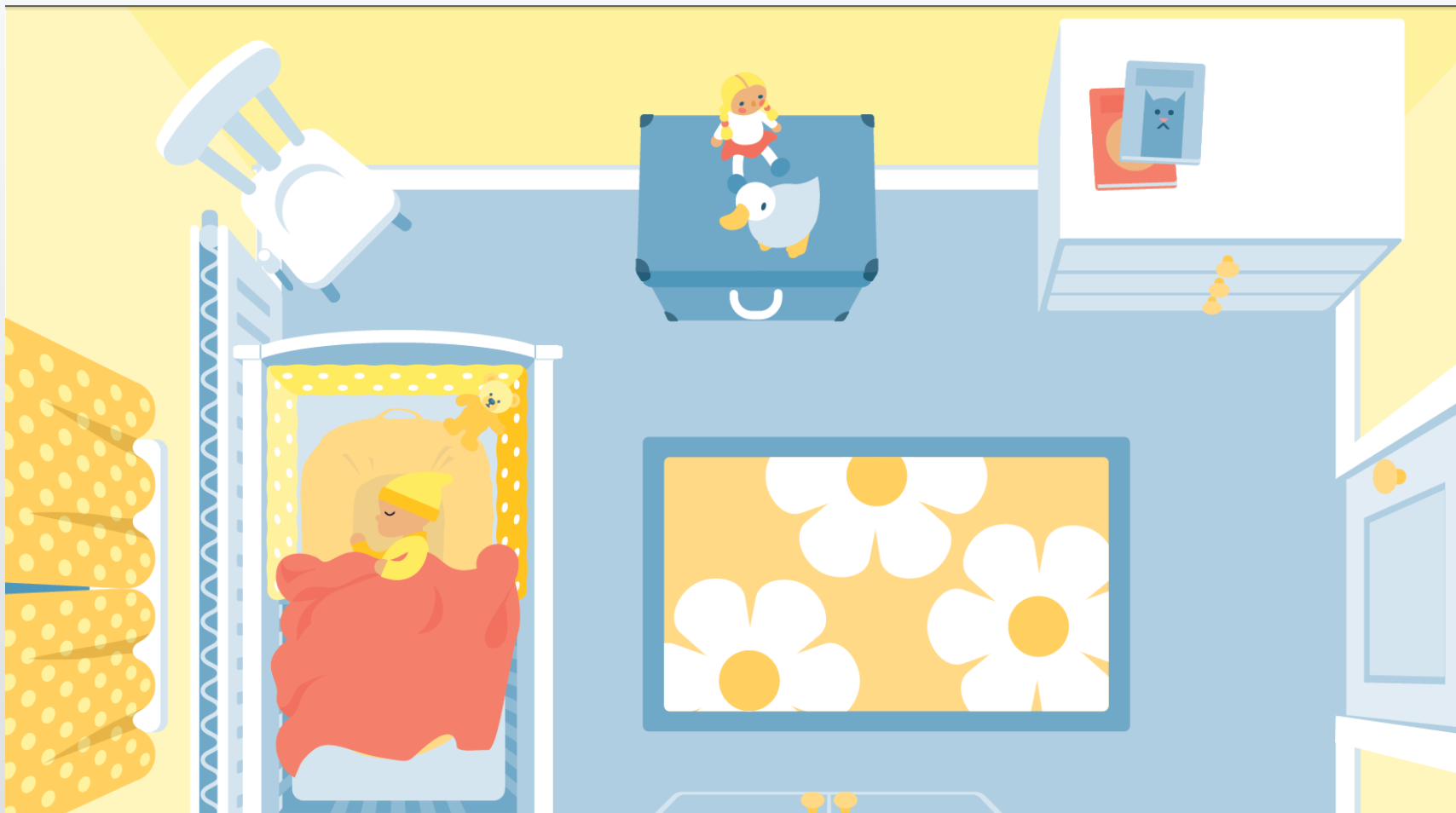
If you feel unwell in any way, have a fever or diarrhoea/vomiting, always get in touch with your midwife or GP



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# Spot the 8 Risks to Safe Sleep



Source: The Lullaby Trust



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# The Answers

Nursery: baby should sleep in the same room as you for the first 6 months

Side sleeping: baby should always sleep on their back – never on side or front

Feet to foot: baby should always sleep at bottom of cot, to avoid wriggling under the covers and overheating

Bedding: no loose blankets – covers should be tucked in, or use a sleeping bag

Sleep pods: these are not recommended, especially for unsupervised sleep

Hat: babies need to lose excess heat through their head, so hats are for outdoors only

Soft toys in cot: keep it simple – no toys or cot bumpers, as they increase the chance of accidents

Radiator/Window: babies should never sleep next to radiator or in direct sunlight to avoid overheating



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# Part 3

## After the Birth





# Smoking



The picture does not show parents smoking near their baby, but this is a major risk for SIDS. Keep your baby as smoke-free as possible and never share a bed with your baby if you or your partner smokes.





# How it should look



*Source: The Lullaby Trust*





# Safer Co-Sleeping



Follow this link for more information from The Lullaby Trust about safer co-sleeping:

<https://youtu.be/YFNTGXY8fCA> (also available on Padlet)





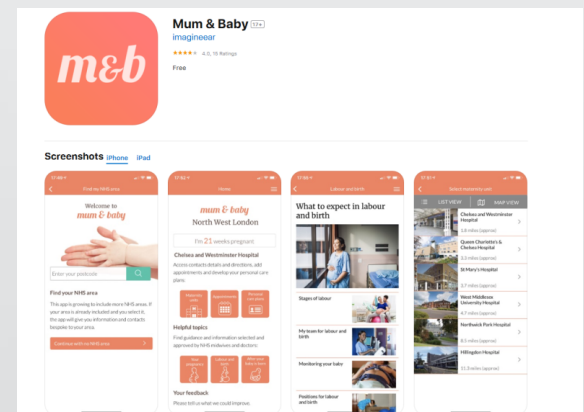
# Links to other resources

- There are various packages of information available to you, which can be accessed via the Chelsea & Westminster website. These contain information, links, articles and videos which you might find useful (referred to as “Padlets” in the video).
- Where stated, this information has been produced by the Chelsea and Westminster Hospital, but we are not responsible for any of the information contained in external websites, links and videos.

To find the links to the Padlets, please see:

<https://www.chelwest.nhs.uk/services/maternity/our-services/your-pregnancy/birth-preparation-classes>

And don't forget to download



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