

English for Health

Workbook 1 The Postnatal Journey

Produced with funding from:



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Useful Words

Postnatal care: The care and support you receive following the birth of your baby.



Maternity: Relating to a mother, especially during pregnancy or shortly after childbirth.

Paediatric: Relating to the branch of medicine dealing with children and their diseases.



Antenatal: Before birth or relating to pregnancy.

Vaccination (immunisation): These teach your baby's immune system to create antibodies that protect them from diseases.



Who you'll meet

A Midwife is a health professional trained to support you through pregnancy and childbirth. You will meet the midwife at the hospital and in your home.



A Maternity Support Worker helps the midwife care for you and your family during and after childbirth. You will meet the maternity support worker in the hospital.

A Health Visitor is a nurse or midwife with extra training, who will help your new baby to stay healthy. You can see the health visitor at home, the GP practice, or the health centre.



A GP or general practitioner, is a doctor that will treat common conditions, and refer you to specialists. You'll meet them at the GP Practice.

A Paediatric Nurse looks after babies through to adolescents. You'll meet them at the hospital or GP Practice.



An Early Years Practitioner, or nursery nurse, look after the social and educational development of children up to the age of five. You'll meet them at the nursery or school.

Check ups

You'll be given a Personal Child Health Record, to record your child's health info, including height, weight and vaccinations.



72 hours:
Your baby will have their eyes, heart, hips, and testicles (if a boy) checked.

2 weeks:
A health visitor will give advice on sleeping, vaccinations, feeding, life as a new parent, and your baby's development.

9-12 months:
A health visitor will do another check-up, looking at language, learning, diet and behaviour.

Before your child starts school, the 0-19 service will send you a questionnaire to help spot anything that might impact their learning.

5-8 days:
A midwife will do a blood spot (heel prick) test, to check for rare diseases.

6-8 weeks:
A GP will do a physical examination and check their eyes, heart, hips and testicles if a boy, as well as taking some measurements.

2 -2^{1/2} years:
This review will cover development like movement and speech, sleeping habits, healthy eating, vaccines, safety, and dental care.



It's also important to keep you healthy as a mother! You will have a health check with your GP 6-8 weeks after the birth of your baby.

You'll be asked about your physical and mental health, bleeding, stomach problems, sex and contraception, going to the toilet, feeding and weight.

Mother Checkup The GP will ask about:



Physical health



Sex & contraception



Mental health



Going to the toilet



Bleeding



Feeding



Stomach problems



Weight

Additional Support

0-19 service



0-19 service is free and offers support based on your needs. They will support your child from birth until 19 years old, with regular visits until age 5.

You can access the 0-19 service at your GP Practice or child's school.

Charities



There may also be family charities that work in your area.



Children's Centres

This service helps families in need with child development, parenting and family health.



Local Council

Your local council will be able to help with disabilities.

To find out about the support where you live you can search Children's Disabilities team on your local council's website.

Paying for Services

Like most of the NHS, maternity care is free if you are "ordinarily resident". This includes foreign nationals.

If you're not ordinarily resident, you could still receive free care if you are in an exempt group.

If you are unsure about whether you should be charged, contact Maternity Action.

Module 1 Quiz

- ? **True or False**, Health visitors can visit you in your own home.
- ? **True or False**, You should have your postnatal check at 16 weeks after birth.
- ? **How many days** after the birth will your health visitor do a new baby review?



Useful Links

Find out if you are exempt from maternity care fees at:
<https://www.maternityaction.org/get-free-advice>

Find out how to register and book an appointment at:
<https://www.involve.nhs.uk/resources-for-patients/>

Find more information on child illnesses visit:
<https://www.newcastle-gatesheadccg.nhss.uk/wp-content/uploads/site/12/2020/08/Little-Orange-Book.pdf>

Module 1 Quiz Answers

- ? **True!** A health visitor can visit you in your home, or at the GP practice.
- ? **False!** Your postnatal check will be 6-8 weeks after birth.
- ? The new baby review will happen 10-14 days after birth.