

# English for Health

## Workbook 2 The Postnatal Journey

Produced with funding from:



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### Useful Words

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



**Bottle Feeding:** Feeding your baby formula milk from a bottle as an alternative for breast milk.

**Pelvic Floor:** A group of muscles found in the floor (the base) of your pelvis (the bottom of your torso).



# Which Service Should You Use?

## Self-care



For some problems, like teething, you can manage at home using the advice of your Health Visitor or GP Practice.

## Pharmacist



For minor illnesses, you should use the pharmacist (chemist).

They can give you free advice and sell medicines for minor illnesses like a cough or a cold.

## NHS 111



NHS 111 can help if you have an urgent medical problem and are not sure what to do. You can use your phone, or a computer if your child is over 5.

If your child is seriously ill and their life could be in danger, CALL 999.

A&E stands for Accident and Emergency, and is located inside hospitals. You should use A&E if your child has a serious condition or injury, that needs immediate treatment but is NOT life threatening.



## GP

If your child is ill, for example has a fever of 38 degrees or higher, you can make an appointment with your GP.

Most GPs will try to see children within 24 hours, depending on the age of the child, so check with your own GP.



## Urgent Care Centre

For non-emergency illnesses you can visit an urgent treatment centre – sometimes called a walk-in centre.

They are open at least 12 hours every day and will treat children of all ages.

Think Pharmacy First is a scheme that means if you get free prescriptions, you can also receive free non-prescription medicine for you and your children.



## A&E

# Vaccinations



Vaccines protect your child and others from serious diseases such as Pneumonia, Meningitis and Sepsis.

Vaccines are the most important thing we can do to protect our children, and they prevent up to 3 million deaths every year.



## Vaccine Schedule

Children under 12 months old are most at risk from infections so it's important to get them vaccinated at the right time. You should receive a letter, email, text or phone call from your GP to book your child's vaccines.

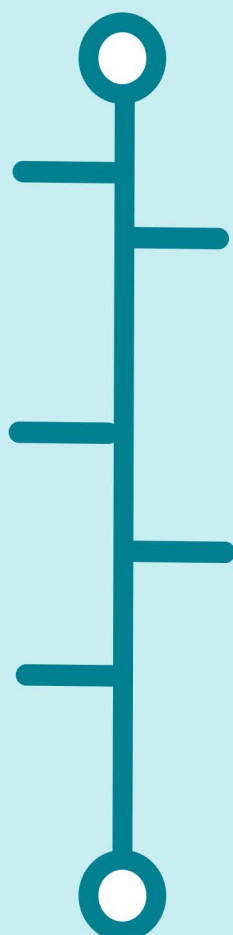
8 Weeks:  
6-in1 Rotavirus  
MenB

16 Weeks:  
6-in1 (3rd Dose)  
MenB (2nd Dose)

3 Years 4 Months:  
4-in-1 pre-school booster  
MMR (2nd Dose)

12 weeks:  
6-in-1 (2nd Dose)  
Pneumococcal (PCV)  
Rotavirus (2nd Dose)

1 Year:  
Hib/ Men C, MMR  
Pneumococcal (PCV) (2nd Dose)  
MenB (3rd Dose)



## Mastitis



Mastitis is pain in your breast, and can happen even if you are not breastfeeding. Usually only one breast is affected, and symptoms include:



Swelling or a lump, that feels hot and painful to touch.



A burning pain, either constant or when breastfeeding.



Discharge from your nipple, which may have streaks of blood.



Flu symptoms such as headaches or a high temperature.

If you think you have mastitis, contact your GP, who may give you antibiotics.

There are also breast-feeding drop-in sessions, cafes and centres where you can get support alongside other mums. No appointment is needed.

To find out what's available in your area, you can ask your midwife, health visitor or GP.

## Bleeding



It's normal to bleed from the vagina after giving birth.



Avoid using tampons until after your 6-week check as they may cause an infection.



The bleeding may last for a few weeks and will turn brown before stopping.



If you're losing blood in large clots 3-4 days after birth, contact your midwife for treatment.

If the bleeding is heavier than expected, or is not getting lighter, contact your GP or Health Visitor.

## Pelvic Floor



When you give birth, the muscles in your pelvic floor can stretch. You should contact your GP if you have any of these symptoms after your 6-week check.

You can do pelvic floor exercises after birth to help prevent this.

Can't feel or tighten your muscles properly

Pain in your perineum

Feeling anxious or low about birth

Heaviness in your vagina

Leaky wee

Difficulty doing a poo

## Feeling Sad



Postnatal depression is a mental health condition that many parents have after having a baby. It is common and affects more than 1 in 10 women.

There are many signs that you, or someone you know might be depressed including not bonding with your baby and having frightening thoughts of hurting them.

Post-natal depression can have a significant impact on you, your baby and your family, so it's important to seek help. You can speak to your midwife, health visitor or GP.

## Module 2 Quiz

- ? If your child has a cough, which NHS service should you use?
- ? When does your child have their first vaccination?
- ? Can you use NHS 111 if your child is under 5 years old?





## 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.involveone.org.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>

**You can also contact one of the following organisations or search for local charities in your area:**

PANDAS

[pandasfoundation.org.uk](http://pandasfoundation.org.uk)

APNI

[apni.org](http://apni.org)

Maternal Mental Health Alliance

[maternalmentalhealthalliance.org](http://maternalmentalhealthalliance.org)

Muslim Women's Network

[www.mwnuk.co.uk](http://www.mwnuk.co.uk)

Birth Trauma Association

[www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk)

## Module 2 Quiz Answers

For a cough, you should use the pharmacy, or chemist.



The first vaccination is at 8 weeks.



No, NHS 111 is only for children over the age of 5.

