

## Useful Resources

**NHS Choices** – subscribe to the start4life Information Service for Parents via email and receive regular emails or texts tailored to your baby's age.  
([www.nhs.uk/conditions/pregnancy-and-baby](http://www.nhs.uk/conditions/pregnancy-and-baby))

**Mumsnet** – a popular parenting network offering support, advice, planners and calculators, product reviews and competitions.  
([www.mumsnet.com](http://www.mumsnet.com))

**Sure Start** – Sure Start centres offer help and advice on child and family health, parenting, money, training and employment.  
([www.gov.uk/find-sure-start-childrens-centre](http://www.gov.uk/find-sure-start-childrens-centre))

HEALTHY  
START

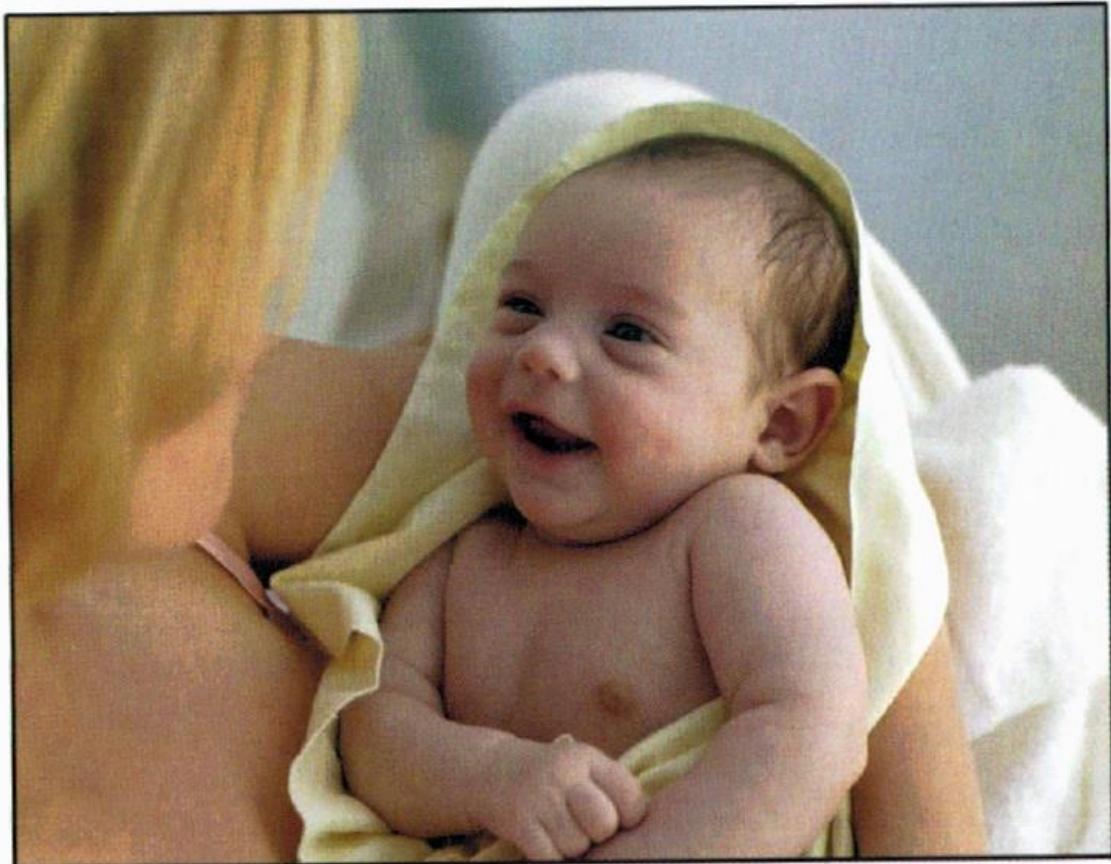
**Healthy Start** is a scheme where you may qualify for free vouchers for milk, plain fresh and frozen vegetables, infant formula milk and free vitamins. This runs from 10 weeks pregnancy if you and your family receive income support, income based jobseeker's allowance, income-related employment and support allowance or child tax credits with an annual family income below the threshold of £16,190. You also qualify if you are under 18.



# GRAFTON

## MEDICAL PARTNERS

### The New Mum's Guide



# GRAFTON

## MEDICAL PARTNERS

There are so many books, leaflets and websites full of advice about your baby. As your GP practice, you will be seeing us more regularly over the next year or so, and we thought it would be useful to put together a quick guide which is more specific regarding services at Trevelyan House.

You should register your baby with us as soon as practical. All the information we require to process your baby's registration can be found in the baby's **Red Book**, which you'll receive from the hospital, so please remember to bring this with you when you attend.

Initially, after the birth of your baby, you will be visited by a Community Midwife. They will help with establishing breastfeeding and check that you're progressing well.

Your Health Visitor will also be in touch when you get home, usually within ten days of the birth of your baby.

A Health Visitor is a trained nurse with a specific responsibility for Under 5s. Wandsworth Health Visitors run a range of well-baby clinics (see enclosed leaflet) in the area. Currently, there is a drop-in well-baby clinic at Trevelyan House which runs from 1-3 on Tuesday afternoons.

At 6 weeks we usually carry out your postnatal check to ensure all is well following your pregnancy. Please book this with a GP. This is an appointment for you and we deliberately schedule this ahead of routine checks for your baby. Please tell us if you feel low – it is not uncommon and we can help. We can also advise on contraception and life after pregnancy.

At 8 weeks we carry out a developmental check on your baby. This should be booked with a GP and you should bring your Red Book, where we can record this check.

We will book an appointment with one of our nurses following on from this check so your baby can start their vaccination schedule. We enclose a sheet of the current UK schedule.

All GPs at this surgery have had their children vaccinated and highly encourage you to do the same. Again, when attending for vaccination, remember to bring your baby's Red Book so we can ensure all is recorded.



*We try to reserve a number of slots in each of our GP's sessions for children and babies and during the winter months run additional early evening extended hours sessions for children and babies.*

Over the first few months, babies can have many problems from dry skin to sticky eyes to coughs and colds. This can be really worrying, especially for first-time mums. We will always endeavour to fit you in to see one of our Practice Nurses, Nurse Practitioners or GPs.

*We also offer telephone consultation slots which can be helpful and more convenient in some situations.*

We enclose a guide to illness in children which we encourage you to read and keep for reference. It also highlights the more serious (and far more rare) things to look out for, when a direct trip to the hospital may be a more sensible option.

Should you need to seek urgent advice or see a GP when the surgery is closed, please ring the NHS's 111 Out-of-Hours service. They can arrange for you to see a GP in a local urgent care centre or for one of their GPs to visit.