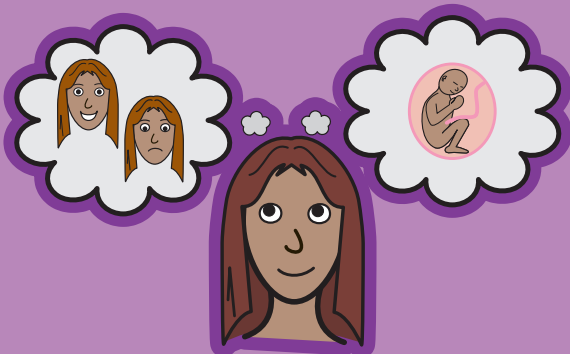
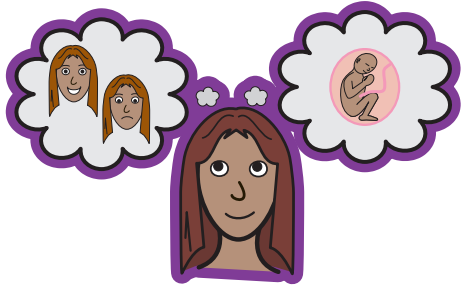


A guide to caring for yourself after your baby is born



After your baby is born you will experience changes in your body and your emotions

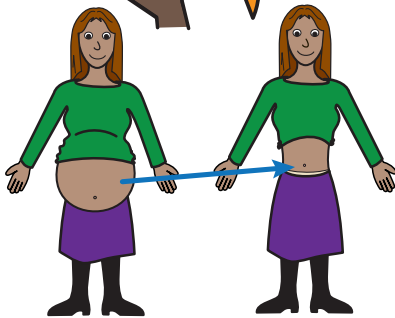


After your baby is born you will experience changes in your body and your emotions.

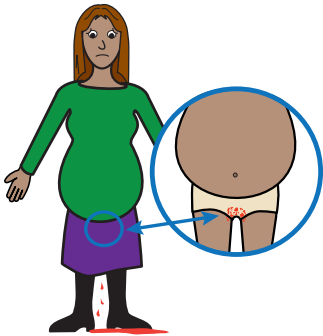
Body changes:



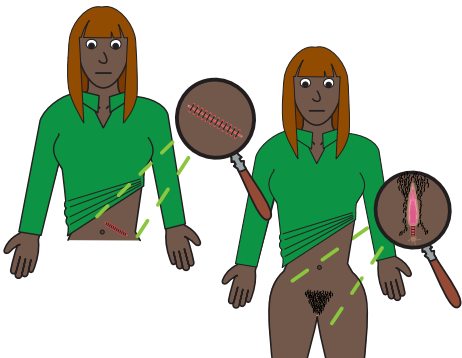
You will be tired, and you will need to rest.



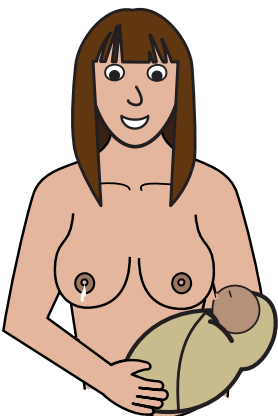
Your tummy bump will get smaller **slowly**. It can take 6 weeks or more!



You will have bleeding (like a period). There will be lots of blood in the first day or 2. The bleeding will get less as each day ends, but might last for 6 weeks.

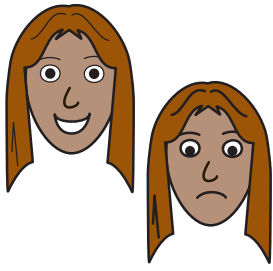


If you have stitches, they will be sore and they need to be washed and kept clean.



Your breasts have enough milk to feed your baby from birth. At around 3 days even more milk comes and breasts can feel heavy and hot. Your midwife and maternity support worker can help you with feeding your baby.

Your emotions:

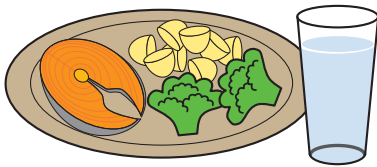


You might feel happy!

You might feel sad and not understand why.

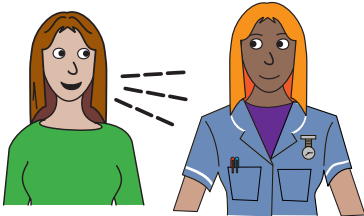
It is good to talk to someone about how you are feeling.

What to do:

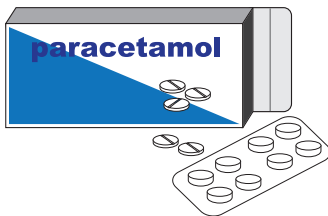


Eat healthy food and drink lots of fluid.

Talk about how you are feeling with a friend or relative.



The midwife will teach you some exercises to do.



Take tablets, such as Paracetamol, if you have pain in your tummy or your stitches.

Go outside for a walk when you are ready.

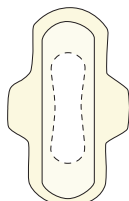


If you get really **HOT** or feel unwell, tell your Midwife.

Keep yourself clean:

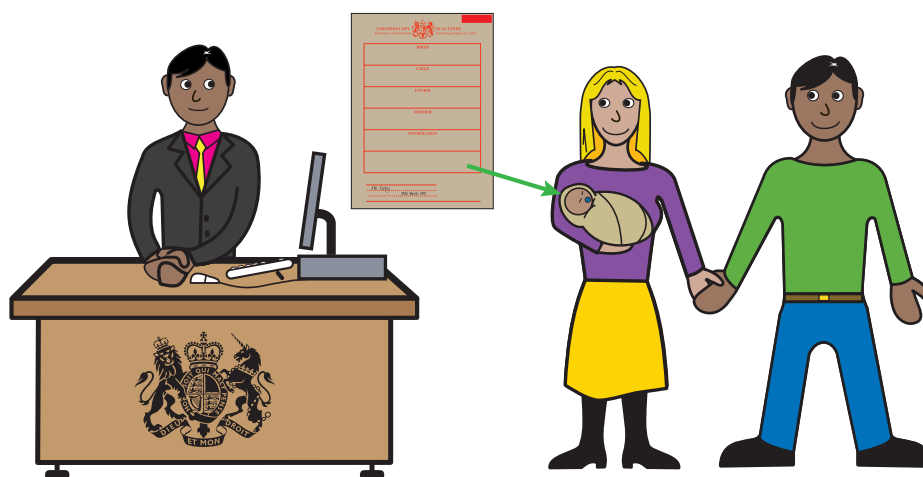


Clean your hands **BEFORE** and **AFTER** you go to the toilet.

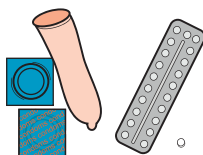


Change your sanitary pad often.

You will need to register the birth of your baby at the Registry Office.



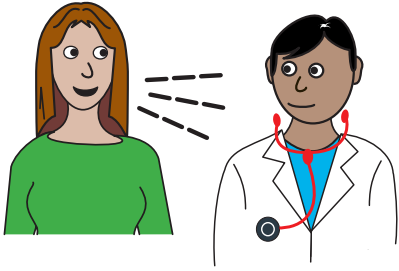
You or someone else will need to call to make an appointment:
0113 2224408



You can get pregnant as soon as you start having sex after you have had a baby. It is better not to have sex until the bleeding stops. Make sure you use contraceptives before you start having sex.



Your midwife can answer any questions you have.



Your doctor will want you to make an appointment to see them 6 weeks after your baby is born.



Any questions you have



Your midwife is

.....

Their phone number is



.....



Your Maternity Support Worker is

.....

Their phone number is



.....



Your doctor is

.....

Their phone number is



.....

