



your...

Baby Guide

with Burrows



baby guide content

This guide has been written to give you an idea of the editorial contents your guide could include. Edit, expand, amend – we hope you find this template a good starting point for your project.

Introduction and Welcome

- An introduction and brief overview of the maternity services

Maternity Services

- Community Midwife
- Health Visitor
- The wards and facilities

Ante-natal checkups

- Looking after yourself during pregnancy
 - ~ *Diet (Healthy eating and foods to avoid)*
 - ~ *Exercise*
 - ~ *Health concerns (things to look out for and emotional support available)*
- Making a birth plan (choosing pain relief etc)
- Ante-natal classes in your area
- Hospital checklist and partner checklist (what to pack for before and after the birth)
- Contact details for the hospital

Post-natal care

- Post-natal checkups (Which appointments do I need?)
- Perineal Care
- Diet
- Alcohol
- Exercise (Pelvic Floor, Stomach)
- Contraception and Periods FAQs
- Looking after yourself (sleep, breast care, post-natal depression and relationships)

Looking after your baby

- Feeding your baby
- Bathing your baby
- Reducing the risk of cot death
- Baby skin and cord care
- Nappies – Reusable or disposable?

Specialist care available

- Special care baby unit.



Meet new mums

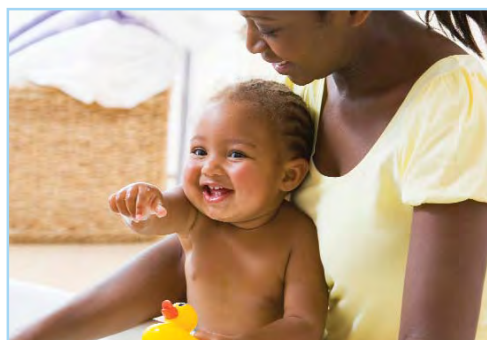
- Post-natal exercise classes
- Post-natal meetings

Registering your baby's birth

- Introduction to the local Register Office
- How do I register my baby's birth?
- When should I register my baby's birth?
- Who can register the birth?
- Will I need an appointment?
- What information will the registrar need?
- What documents will the registrar give me?
- Is there a charge?
- If I am not married to the baby's father, can I amend details at a later date?
- Can I change the names on my child's birth certificate?
- Naming Ceremonies
- Most recent popular names for boys and girls (www.statistics.gov.uk)

Useful contact details

- Main hospital contacts for maternity
- Any other useful groups and organisations



Please do get in contact with any suggestions and ideas on how to make this guide even more informative and useful.
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