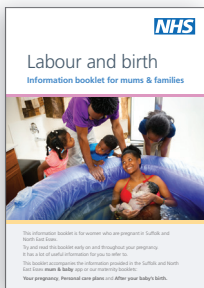


# After your baby is born



All of these questions relate to information found within the **Labour and birth** and **After your baby's birth** booklets or the **Labour and birth** and **After your baby's birth** section in the Suffolk and North East Essex **mum & baby app**. You can show this plan to your midwife from 34 weeks onwards.



We recommended that you revisit these pages after your baby is born, by sharing it with your postnatal maternity team.

## Developing a relationship with your baby

### 1. Have you watched UNICEF's 'Meeting your baby for the first time' video?

- ☐ yes
- ☐ no
- ☐ I am not sure/would like to know more

**My thoughts, feelings and questions:**

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This video can be viewed at [www.unicef.org.uk/babyfriendly/baby-friendlyresources/relationship-building-resources/meeting-baby-for-the-first-timevideo/](http://www.unicef.org.uk/babyfriendly/baby-friendlyresources/relationship-building-resources/meeting-baby-for-the-first-timevideo/)