

13. Things to consider for when you are at home include...

- ☐ safe sleeping practices (sudden infant death syndrome prevention)
- ☐ newborn jaundice – what's normal, and what might need review
- ☐ the newborn blood spot screening test
- ☐ umbilical cord care and skin care
- ☐ bathing your baby

My thoughts, feelings and questions:

Community care and next steps

14. Community postnatal care is delivered in a variety of settings and by a multidisciplinary team of healthcare professionals. I am aware of...

- ☐ community postnatal care
- ☐ how to contact my local community midwives
- ☐ how to contact my health visitor
- ☐ how to access additional infant feeding support
- ☐ how to access services in my local Children's Centres
- ☐ I am not sure/I would like to know more

My thoughts, feelings and questions:
