

Congratulations on the birth of your baby!



Children's Public Health 0-19 Nursing Service

What to expect at the New Birth Appointment



Children's Public Health 0-19 Nursing Service

While you were pregnant your Midwife was your main contact.

Now your baby is born, your Children's Public Health 0-19 Nursing Service is here to support you.

The team is made up of Health Visitors and Family Nurses who have had specialist training in working with children and families to assess and support their health and development needs.

We also have Registered Nurses and skilled support staff who can help you with your child's development and a healthy lifestyle.



Your new birth appointment

A Health Visitor from our team will visit you at home.

We will check how you are doing; and we will check and weigh your baby to make sure that they are developing and growing as expected.

Your partner, or anyone who supports you, is very welcome to be with you.



At the visit we would like to hear from you and share information about lots of different things, including:

- How you are feeling after baby's birth
- How you are doing as a family
- If there is any support you need
- Getting to know your baby
- Feeding your baby
- Keeping your baby safe
- Protecting your baby from childhood illnesses
- Your contraception choice

Here are some of the websites that we recommend for information you can trust.

Please click the links to visit the sites

[www.nhs.uk/conditions/pregnancy-and-birth/birth/first-visit-new-baby.aspx](http://www.nhs.uk/conditions/pregnancy-and-birth/birth/after-birth/first-visit-new-baby.aspx)

www.nhs.uk/conditions/pregnancy-and-birth/birth/first-visit-new-baby.aspx

[www.nhs.uk/conditions/pregnancy-and-birth/birth/first-](http://www.nhs.uk/conditions/pregnancy-and-birth/birth/first-visit-new-baby.aspx)