



**Information from this leaflet is taken from :**

- *Sleep and Tiredness after having a baby NHS choices.* NHS. Available at:  
<https://www.nhs.uk/conditions/baby/support-and-services/sleep-and-tiredness-after-having-a-baby/>
- *Feeling depressed after Childbirth NHS choices.* NHS. Available at:  
<https://www.nhs.uk/conditions/baby/support-and-services/feeling-depressed-after-childbirth/>
- *Postnatal Care NICE.* Available at:  
<https://cks.nice.org.uk/topics/postnatal-care/>
- *Depression-antenatal and postnatal (no date) NICE.* Available at: <https://cks.nice.org.uk/topics/depression-antenatal-postnatal/>

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**More useful websites and contacts**

- The [Cry-sis website](https://www.cry-sis.org.uk) offers advice on coping with a crying or restless baby. You can call their helpline free on 0800 448 0737. It's open 7 days a week from 9am to 10pm  
<https://www.cry-sis.org.uk>
- The [Family Lives website](http://www.familylives.org.uk) has a free helpline you can call for information and support on parenting or family issues. The number is 0808 800 2222 and it's open Monday to Friday, 9am to 9pm, and Saturday and Sunday, 10am to 3pm. <http://www.familylives.org.uk>
- The [Home-Start website](https://www.home-start.org.uk) offers support to parents and carers through a parent-helper visiting scheme.  
<https://www.home-start.org.uk>
- The mental health charity Mind provides useful resources for people affected by postnatal depression.  
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/postnatal-and-antenatal-depression/#.W5KN0lpKiUI>



# Postnatal check



## What is Postnatal Check?

You should have your postnatal about 8 weeks after your baby's birth to make sure you feel well and are recovering properly. This usually happens when your baby is having his/her 8 weeks check but it can also be done at a separate time if you would like it to be.

**Your postnatal check usually involves the following:**

Contraception

Is your wound healing well?

Any problem with your breastfeeding?

Is there any abnormal vaginal discharge?



How is your urinary and bowel habit?

How is your sleep?

When was your last cervical smear?

How is your mood?

## Tell your doctor if:

1. If you are having any trouble holding your urine, wind and stool
2. If you are having any problem having sex or if having sex is painful
3. If you are unsure if you have had all the recommended vaccines such as COVID 19 vaccine
4. If you are feeling sad and anxious

## BABY BLUES

Taking care of a new baby can be challenging but do not feel like you should struggle alone. You might or might not have heard about baby blues -this is due to sudden hormonal and chemical changes after giving birth. Many women might experience low mood and get irritable without obvious reasons. These symptoms are normal but only last for a few days. If your symptoms last longer, it is important to be aware about postnatal depression.



## POSTNATAL DEPRESSION

Postnatal depression can start any time in the first year after giving birth. Some of the signs of postnatal depression include:

- Persistent low mood
- Loss of interest in things you used to enjoy
- Blaming yourself constantly when things go wrong
- Being so unhappy that you had trouble sleeping at night
- Finding difficulties concentrating
- Always feeling worried and scared
- Thought of harming yourself

Help and treatments are available and therefore it is important to speak to your GP to get the help and support you need.

Local and national organisations, such as the Association for Post Natal Illness (APNI) and Pre and Postnatal Depression Advice and Support (PANDAS), can also be useful sources of help and advice. <https://apni.org/>  
<https://www.pandasfoundation.org.uk/>

## SLEEP AND TIREDNESS

Taking care of a new baby can be tiring and you might find it hard to get enough sleep. Here are some quick tips for you if you are feeling tired and need more sleep!

- 1.Sleep when your baby sleeps even though it might be tempting to use this time to catch up with housework or other chores
- 2.Get an early night or if you can't sleep when you go to bed, do something relaxing beforehand.
- 3.Share the nights if you can
- 4.Ask friends and relatives for extra support



## 5.Understand your baby's sleep pattern

Be reassured that as babies get older, they do sleep for longer periods

## 6.Do more exercise

When you're feeling tired, doing more exercise may be the last thing you feel like doing but regular exercise can help you feel less tired.

## 7.Try relaxation exercises

Start by trying this simple breathing exercise that you can do anywhere!

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/>

## 8.Do not let stress get on top of you

If you can do something about the stress, you might find it easier to cope 😊

