

How to contact us:

Woodland Neonatal Unit
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road
Watford
Hertfordshire
WD18 0HB

Tel: 01923 01923 244366

Ext: 7392



**West Hertfordshire
Hospitals**
NHS Trust



A guide to...

Support after discharge

Patient information



If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **pals@whht.nhs.uk**

Author	Tracy Bailey & Claire Cheshire
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Happy! Excited! Nervous! Anxious!

You may be feeling all of this! It is normal to be daunted by the prospect of caring for your baby at home, so to help you feel more confident, we will provide you with information on the support that is offered when you are at home.

Community Midwife

If your baby has left the unit before 10 days of age you will be visited by your community midwife and she will weigh your baby and give advice on feeding, as well as checking up on how you are too.

Health Visitor

Your community midwife will then hand over care to your health visitor who will carry out a first home visit. During this visit they will offer you advice and support on caring for your baby. Inform you of local baby clinics where you can go to get your baby weighed and local children's centres who offer support groups. They will also offer advice on looking after yourself and how to get additional help if needed.

Your health visitor will make a plan with you if your baby is still small or premature to either visit more frequently or request for you to visit the baby clinic for check-ups.

You must register your baby with your GP as soon as possible

They will be your first point of contact for medical care. They carry out a 6-8 week post-natal check for you and your baby. If your baby was premature it may be carried out at a later time. We will send your GP a copy of your baby's discharge summary which will inform them of any medications or specialist milk your baby may need. Please contact them to arrange any repeat prescriptions.

Follow ups after discharge

Some babies require a paediatric consultant follow up appointments or other follow up tests/scans. You will be informed of these on or prior to discharge. Appointments will come through the post or be arranged with you by phone. Please speak to your nurse if you have any questions about follow ups appointments.

Support in the Community

BLISS

Bliss is a UK charity working to provide the best possible care and support for all premature and sick babies and their families.

- You can email them hello@bliss.org.uk
- They also offer many publications, booklets and leaflets which can be accessed online at www.bliss.org.uk

HertsPrams

HertsPrams are a group of parents who met on the unit, they all had babies prematurely from as early as 23 weeks. They founded a support group so they could continue to share their experiences of being on the unit, carry out amazing fundraising and so importantly, to offer support to other parents. They can be found on Facebook at:

www.facebook.com/groups/hertsprams/

or you can email them on: hertsprams@yahoo.co.uk

Children's Centres

Your local children's centres work closely with midwives, GPs, health visitors, nurseries and community groups to help you get the support you need.

- Baby feeding support
- Sleep routines
- Meeting other parents, family learning activities and parenting courses
- Healthy eating and exercise
- Childcare options and information on returning to work
- www.hertsdirect.org/childrenscentres