

New Baby, New Family!

A quick guide to provide information and
detail support available during the
Coronavirus outbreak



Roborough Surgery

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Congratulations!

Congratulations on the birth of your new baby. Although we are not having regular face to face contact with our patients at the moment, it's important to firstly celebrate your new baby and becoming a parent.

If you or your baby are unwell and need to be seen at the surgery we can book you an appointment. You will receive a telephone call from the doctor to see if they can help over the phone first, then book you in if you still need to be seen face to face.

01752 701659

Option 1 for the prescriptions team

Option 2 to speak to the reception team

www.roboroughsurgery.org.uk



Registering your baby's birth

At the moment you will be unable to register your baby at the registry office. As the restrictions change, up to date information will be available from Plymouth City Council via the following link.

<https://www.plymouth.gov.uk/birthsmarriagesanddeaths/coronavirusinformationonbirthsdeathsandmarriages>

Registering your baby at the doctors

It is important to register your baby with the doctor as soon as possible. This is to ensure that your baby can be treated by the surgery quickly if they become unwell. You can do this by filling out the registration and questionnaire form found on our website here:

<https://www.roboroughsurgery.org.uk/page1.aspx?p=4&t=1>
or collecting a form from the surgery if you don't have a printer. We will need to see your baby's red book to confirm their identity.

If you live outside our catchment area you will need to register with a surgery closest to you. This is to ensure that home visits can be carried out should you need one.

Post Natal Checks

Our Post Natal checks are being carried out over the telephone at present to ensure that you are well following your delivery. This will be between 6 and 8 weeks after you deliver. If you need assistance before this time, please do contact us, we are here to help.

Baby checks and 1st Immunisations

While the thought of having your baby immunised is daunting, it is very important for their long term health to be immunised against diseases which could make them seriously ill. 1st Immunisations are carried out when your baby is between 8 and 10 weeks old. At present we are carrying these out just after your baby is 8 weeks old.

1st immunisations consist of 2 injections and one oral medicine:

Diphtheria, Tetanus, Pertussis (Whooping Cough), Polio, HIB, Hepatitis B (all in one injection)

Meningitis B

Rotavirus (administered orally)

To help reduce the number of times you visit the surgery we are carrying out baby checks and immunisations in one visit to the surgery. Your baby will see a Health Care Assistant first to weigh and measure them, then a Doctor to check their general health and then our Practice Nurse for their 1st immunisations to be carried out.

Further information on immunisations is available here <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Other help available

During this unprecedented time you may need other help with your new baby. Please see below details of help available to you.

National Childbirth Trust (NCT)

Whilst they are not running classes, some support is available via video link. Please see their website for more information

<https://www.nct.org.uk/local-activities-meet-ups/region-south-west-england/plymouth-and-west-devon>

Plymouth Latch On

Although classes are not running, they have some useful information on breastfeeding via their website with virtual classes running throughout the week

<https://www.plymouth-latchon.org.uk/>

University Hospitals Plymouth

Although your journey with the hospital might have finished, their website has lots of help and information available via their maternity page

<https://www.plymouthhospitals.nhs.uk/maternity>

Health Visitors

After your baby is 10 days old the care they receive will transfer from your midwife to your health visitor. Health Visitors have a wealth of knowledge and experience with babies and children. They will get in contact with you to make a telephone appointment to see how you and your baby are.

If you live in the South Hams (Woolwell and surrounding areas) your Health Visitor is based at Dartington on 0333 234 1901 or you can e-mail rde-tr.SouthernPHNhub@nhs.net

If you live within the Plymouth City Council area your Health Visitor is with Livewell South West. Their number is 01752 434008 or you can e-mail on livewell.phnadminhub@nhs.net

Weighing your baby

Whilst health clinics are temporarily closed, you can still weigh your baby at home to monitor their weight. You can do this by weighing yourself on your scales at home, then hold your baby and weigh both of you together. Once you have the 2 weights, deduct your weight from the weight of you and your baby. Keep a note every week. If your baby is not gaining weight or is losing weight, please get in contact with the Doctor.

NHS help website for new baby's

<https://www.nhs.uk/conditions/pregnancy-and-baby/services-support-for-parents/?tabname=your-newborn>

Contact Us

We are open 5 days a week, Monday to Friday 8am to 6pm.

We also have Saturday appointments available once a fortnight; please ask reception for more details.

Our phone lines open at 8:30am each day until 6:00pm.

Roborough Surgery

1 Eastcote Close, Roborough, Plymouth PL6 6PH

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