

## BOOKLET 6

### GOING HOME!

You can imagine the day when you take your baby home from the hospital! This is exciting. Still, most mums worry about how they will cope. **Booklet 6 will help you to prepare for this big day.**



## **BOOKLET 6**

### **GOING HOME!**

**Tell your midwife or doctor about how you  
feel about going home**

**Talk about the help and support you  
want at home**

**Let yourself have lots of time to  
enjoy your baby**

**You never stop learning when you  
are a parent!**

**It's OK to ask for help**

You have probably imagined this day. It is the end of a long pregnancy, and a **new beginning**.

**You are this baby's mother!** Have you given your baby a name yet?

**What's your baby's name?**

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If you are still thinking about a name for your baby, write down names that you like.

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## Before You Take Your Baby Home

The midwife or doctor will check that:

- you are healthy
- your baby is healthy
- you are feeling OK about going home

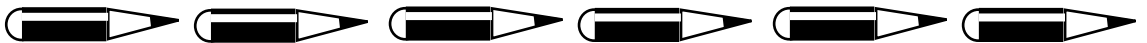
There are some forms to fill in:

- birth registration
- health insurance

**You can ask the nurse or midwife to help you with these forms.**

Before you leave, your midwife or doctor will make sure you know when and where to go for your check-up.

**Make sure to write down the date and time and address of your first check-up in a place you won't forget**





## **Your First Weeks At Home!**

This is a time when you are still getting over the labour and birth.

You need to:

- **Rest whenever you can** – try to sleep when your baby sleeps
- Eat good food and **don't forget to drink plenty of water**

**This is a time when you are getting to know your baby.**

It's good to spend time:

- **Looking and smiling at your baby**
- **Talking to and gently touching your baby**

## All parents need help.

Who can you call on for help when you need it?

**Write their names and phone numbers here:**



Ask your midwife or nurse to write down the names and phone numbers of other people who you can call on for help or advice.

**Child and family health nurse, phone:**



**If you need help or advice, you can phone  
'811' any day at any time**

## Getting Dad In The Picture

It's good for your baby's father, or your partner, to have time with the baby. Let your partner

- hold the baby
- sing to the baby (yes, sing!)
- bath the baby (maybe you can do this together)
- change the baby's diaper
- dress the baby

**Your partner needs practice too!**



## Feeling Blue?

All new mothers feel tired! Sometimes, new mothers feel down or blue, too. This can be confusing when people seem so happy for you. If you feel like this talk to your midwife, doctor or child and family health nurse.

**It's OK to ask for help.**

Talk to your midwife, doctor or child and family health nurse if you:

- feel down or blue or feel like crying a lot of the time
- feel up-tight or panicky
- feel like you need more help
- feel that you can't cope
- feel like you want to run away
- have lost your appetite
- can't sleep
- have lost interest in things you enjoy
- want to hurt yourself or your baby



## Learning New Skills

There's a lot to learn in your first weeks at home. You never really stop learning how to love and care for your children.

There are lots of new skills to learn, like how to put your baby to sleep in a crib, and how to bath and dress your baby. Here are some ideas to help get you started.



## Steps to putting a baby to sleep in a crib

1. Make sure your baby's diaper is clean
2. Dress your baby in loose and stretchy clothing
3. Put your baby in the crib lying on his or her back
4. Make sure your baby's feet are at the bottom of the crib
5. Make sure your baby is firmly tucked in or wrapped
6. Make sure your baby's head and shoulders are not covered by bedding



## **Sudden Infant Death Syndrome (SIDS)**

*Some babies die from SIDS or crib death. To cut down the risk of SIDS:*

- Don't smoke during pregnancy
- Never let anyone smoke near your baby – not in the house or in the car
- Make sure your baby sleeps on his or her back, no pillow
- Make sure your baby's head is not covered during sleep
- Don't leave toys in your baby's crib
- Don't over-wrap or over-heat your baby

**To find out more about SIDS, visit the following website; [www.babysbreathcanada.ca](http://www.babysbreathcanada.ca) or phone '811'**

## What You Can Do If Your Baby Is Crying

When your baby cries, he or she is trying to tell you something.

Your baby might be saying **“I’m hungry”**, or **“I’m tired”**, or **“My tummy hurts”**, or **“I need you to hold me”**.



When your baby cries, you can try these things:

- **Feed your baby**
- Change your baby's diaper
- Check if your baby is **too hot or cold**
- Check that your baby is wearing comfortable and loose **clothes (not too tight around the tummy)**
- Hold your baby gently upright and **pat him or her gently on the back**
- Hold your baby gently and **rock him or her for a while**
- **Try wrapping your baby firmly in a light sheet**
- Carry your baby gently and **walk around for a while - never shake you baby**
- **Give your baby a soother**

If your baby won't stop crying, he or she might be saying **"Mummy, I am sick"**.

If your baby won't stop crying **phone your child and family health nurse, or take your baby to the doctor.**

## **THINGS YOU CAN DO**

- Talk to your midwife, doctor or child and family health nurse about who can support you when you are at home
- Talk to your partner, friends and relatives about how they can support you
- Talk to your midwife or child and family health nurse about joining a mothers' group. Other mums know what you are going through!



**Tick any questions that you would like to ask your midwife or doctor**

- When can I go home?
- What do I need to have at home for my baby?
- What do I need for me?
- What can I do if my baby won't stop crying?
- What can I do if my baby won't eat?
- What can I do if I can't cope?
- When do I have to see a midwife or doctor again?
- Will the midwife see me at home?
- Where is my nearest baby health centre?
- How can I meet other mums?
- When can I have sex again?
- What contraception (birth control) can I use?
- When do I need to start using contraception?
- Do I need a baby car seat?



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# GOING HOME

## FIND A WORD FUN

I	C	E	A	D	S	Y	M	E	S	M	C	T	M	E
D	P	A	R	E	N	T	D	R	T	N	U	S	I	B
R	A	G	W	T	E	I	N	F	E	V	I	S	L	R
F	R	M	L	U	L	E	C	G	M	A	E	T	K	I
T	T	I	N	F	T	A	B	D	C	M	L	U	E	Z
P	N	D	S	R	I	G	W	T	E	I	N	F	U	A
W	E	W	J	G	C	H	T	I	R	E	D	R	A	Q
O	R	E	S	T	U	L	E	S	E	W	J	G	U	M
E	A	F	L	X	Y	F	F	A	A	I	R	C	N	O
B	L	E	S	M	C	R	W	W	L	F	L	X	S	T
W	D	R	T	N	U	A	D	V	I	C	E	A	D	H
L	P	S	H	V	C	I	N	N	C	E	S	Y	T	E
Z	Y	F	E	E	L	I	N	G	S	T	Z	E	S	R
V	S	R	L	M	A	L	P	O	S	Y	G	I	V	E
W	H	O	P	E	R	I	G	W	T	E	I	N	F	D

Your midwife or doctor will help you decide when you are ready to go home. **They will help you get the support that you need.**

Try to find these **8 words** hidden in the puzzle above.

**rest**

**help**

**parent**

**advice**

**partner**

**feelings**

**mother**

**tired**



# ACKNOWLEDGEMENTS



Healthy Start for Me and My Baby is one element of Healthy Start: A national capacity building strategy which aims to improve health and wellbeing outcomes for children whose parents have learning difficulties [www.healthystart.net.au](http://www.healthystart.net.au).

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[www.sydney.edu.au/health-sciences/afdsrc](http://www.sydney.edu.au/health-sciences/afdsrc)



[www.parentingrc.org.au](http://www.parentingrc.org.au)

Edited for use in Canada by the Family and Disability Studies Initiative

[www.fdsa.ualberta.ca](http://www.fdsa.ualberta.ca)