Lingwell Croft Surgery

New Baby, New Family!

A quick guide to provide information and detail support



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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.

As new parents, we at Lingwell Croft would urge you to register your new-born with our practice as soon as possible, so that they don't miss out on vital health services.

GPs (family doctors) are usually the first point of call for people when they are feeling unwell and are the main way into most NHS services. GPs see many of their patients frequently throughout their lives and they can come to know them very well.

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.

Lingwell Croft Surgery

16 Shelldrake Drive, Middleton, Leeds LS10 3NB
0113 270 4848

http://www.lingwellcroft.co.uk/

Registering your baby's birth

You must make an appointment to register a birth.
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What you'll need

1. proof of identity for each parent, such as passport or driving licence.
2. a pen (blue or black ink) to sign documents.
3. a credit or debit card to buy birth certificates (£11 each) if you want to.
4. a mask or face covering, which you must wear at the appointment.

For more information about registering the birth from Leeds City Council following link. https://www.leeds.gov.uk › births-deaths-and-marriages

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: http://www.lingwellcroft.co.uk/ 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 in person 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 when your baby is 8 weeks old.

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

1. Diphtheria, Tetanus, Pertussis (Whooping Cough), Polio, HIB, Hepatitis B (all in one injection)
2. Meningitis B
3. 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 Doctor first to weigh and measure them, and 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-vaccinationsand-when-to-have-them/

If you have any worries or concerns, please come in and discuss them with a member of our clinical team.

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)

Please see their website for more information https://www.nct.org.uk/

Breastfeeding Groups and Support in Leeds

For more information follow this link
https://familyinformation.leeds.gov.uk/FIS_Document_Library/Breastfeeding%20Groups%20and%20Support%20in%20Leeds.pdf

What is a Breastfeeding Group?

These groups are all run slightly differently; however, you can rest assured you will always be welcomed by a friendly face and refreshments! All group leaders undertake breastfeeding training so that they can offer support and signpost if you
need specific help. These groups are open to all breastfeeding mums.

What is a Breastfeeding Peer Support Group?

These groups are run by trained breastfeeding peer supporters. Peer supporters are mothers who have themselves breastfed and have undertaken a training course. They are not able to give specific advice but can offer suggestions and signpost to the most appropriate and timely help. Any breastfeeding mum is welcome!

Breastfeeding Counsellors

Breastfeeding counsellors have all breastfed and had extensive training. They offer free support, information and practical help. They offer phone support and home visits

Association for Post-Natal Illness
https://apni.org

Maternity Action
https://www.maternityaction.org.uk

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.

Weighing your baby

Whilst we do not offer regular weighing clinic's, 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

Contact Us

We are open 5 days a week, Monday to Friday 8:30am to 6:30pm.
Our phone lines open at 8:30am each day until 6:30pm.

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