PBB Health Centre offers postnatal care to mothers and babies provided by highly experienced midwives.

Available both at the clinic and via home visits, this service is ideal for women who leave hospital within a few days of their baby’s birth, and those experiencing difficulties. See our website for details.

**Medicare Rebates available.**

At PBB Health Centre we offer a range of postnatal services including:

- Short and long appointments in our clinic (20, 40 or 60 minutes)
- Home visits
- Postnatal care packages
- Six week postnatal checks

www.pbbhealthcentre.com.au
THE IMPORTANCE OF POSTNATAL CARE

The first six weeks following a baby’s birth can simultaneously be one of the most joyous and most difficult times for any woman. There are many changes and adjustments to be made physically, emotionally and socially, and many challenges to be faced.

Just as every child is unique, so is every pregnancy, birth and postnatal period. Whether this is your first baby or the newest addition to a growing family, access to effective, practical and supportive postnatal care is essential to your wellbeing and that of your baby.

Receiving one-to-one support from an experienced midwife offers a variety of benefits. These include the opportunity to develop a trusting and supportive relationship, consistency of advice, and more efficient detection of issues.

THE ROLE OF YOUR MIDWIFE

Postnatal visits aim to ensure the health and wellbeing of both mother and baby after birth. Postnatal care can enhance the breastfeeding experience, assist you to address issues and help increase your confidence in your mothering skills.

The role of your midwife during the postnatal period is to provide care and support at a level determined in partnership with you. Postnatal visits can be booked as a one-off appointment or as part of a postnatal package of care.

ONE-OFF APPOINTMENTS

One-off appointments provide the opportunity to address particular issues with a skilled and experienced midwife. These could include:

- Feeding, sleeping or bonding issues
- Concerns about your own health, or your baby’s health and development
- Fears or anxiety regarding your baby, parenting, family adjustments or other concerns
- Debriefing about your experience of labour and birth

In these instances the opportunity for a home visit can be particularly useful, enabling you to seek the support you need, without the demands of leaving the comfort and security of your home.

POSTNATAL VISITS – WHAT TO EXPECT

During each postnatal appointment your midwife can conduct a range of procedures to monitor your baby’s growth and development, and your health and wellbeing. These include:

- A well-baby check, including weighing your baby
- Conducting a Newborn Screen Test
- Checking your blood pressure
- Checking your healing progress
- Providing the opportunity to debrief about your birth experience
- Assisting with breastfeeding support and education
- Offering suggestions on various sleep and settling techniques
- Discussing any concerns, fears or anxieties

THE SIX WEEK POSTNATAL CHECK

The six week postnatal check provides the opportunity to review you and your baby’s progress since the birth. This will include a physical examination which may include:

- Taking your blood pressure
- Checking your perineum if you had a tear or episiotomy
- Completing a breast examination
- Checking the healing progress of your incision if you had a caesarean
- Completing a Pap Smear if one is due
- A well-baby check, including weighing your baby
- Ordering follow up blood tests

In addition your midwife can provide information on infant feeding, postnatal exercises, parenting and family adjustments, family planning and community resources that may assist you as you move forward beyond the six week postpartum period. Your midwife can also refer you to any relevant services you may require.

HOME VISITS

Home postnatal visits facilitate rest and recovery for women following birth. Accessing postnatal visits at home can help to nurture both mother and baby by removing the stress associated with travelling to, and being treated in an unfamiliar environment.

Home visits can also assist in overcoming the issues of travelling after a caesarean section, or in the company of other young children.