

# PROLOGUE

OBSTETRICS | FERTILITY

## BRINGING YOUR BABY HOME

INFORMATION BOOKLET



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## WELCOME HOME!

Your time in hospital will have been spent getting to know your baby with the careful help and guidance of the expert team on the postnatal ward, along with us here at Prologue. Now that you are at the point where you are ready to transition home with this new family member, we appreciate that it is an experience that can trigger some feelings of anxiety. We are absolutely here to make sure you access and receive the support you need.

In order to help you straight away and keep things on track, we have put together the following information relating to commonly faced challenges, questions and useful community based resources.

*Team Prologue*

# Medical Concerns

AS YOU SETTLE IN AT HOME OVER THE COMING WEEKS, YOUR PROLOGUE TEAM IS HERE TO HELP YOU.

However, if you have any medical questions or concerns about your baby, we recommend you direct these to your local GP. It is a great idea to register your baby with your local GP practice before you have any need for them. Doing so will mean that this GP practice will be more likely to accommodate you at short notice for review, should your baby ever need it. For times where a GP is not available or your baby's medical need is more urgent, please escalate your concern to your closest Emergency Department.

For any baby who has had a Special Care Nursery admission during their hospital stay, we also recommend you arrange a 6 week check up with the Paediatrician who cared for your baby in hospital. For those babies who did not need this level of care during their time in hospital, a GP review if and when needed is very appropriate. However, everyone is always welcome to have their baby routinely checked by a Paediatrician of their choice. The Paediatrician's rooms will be able to assist you in making an appointment and any questions regarding associated fees.

# Community Contacts

## CHILD AND FAMILY HEALTH NURSE APPOINTMENT

Your Prologue team is here to help support you in caring for and feeding your baby as well as making sure your baby's early weight gain is on track. Within the first two weeks of having your baby, we will invite you and your baby into our Prologue rooms so we can check on your recovery, listen to how things are going and talk about your mental health, weigh your baby and give you targeted help. However, another very important early check in for both you and your baby is community based and arranged by NSW Health. They will reach out to you to arrange an appointment for you and your baby to spend some time with a Child and Family Health Nurse at your nearest Community Child and Family Health Centre. This appointment builds nicely on the assessment and discussion you will have with your team here at Prologue and is an important part of the transition of your care.

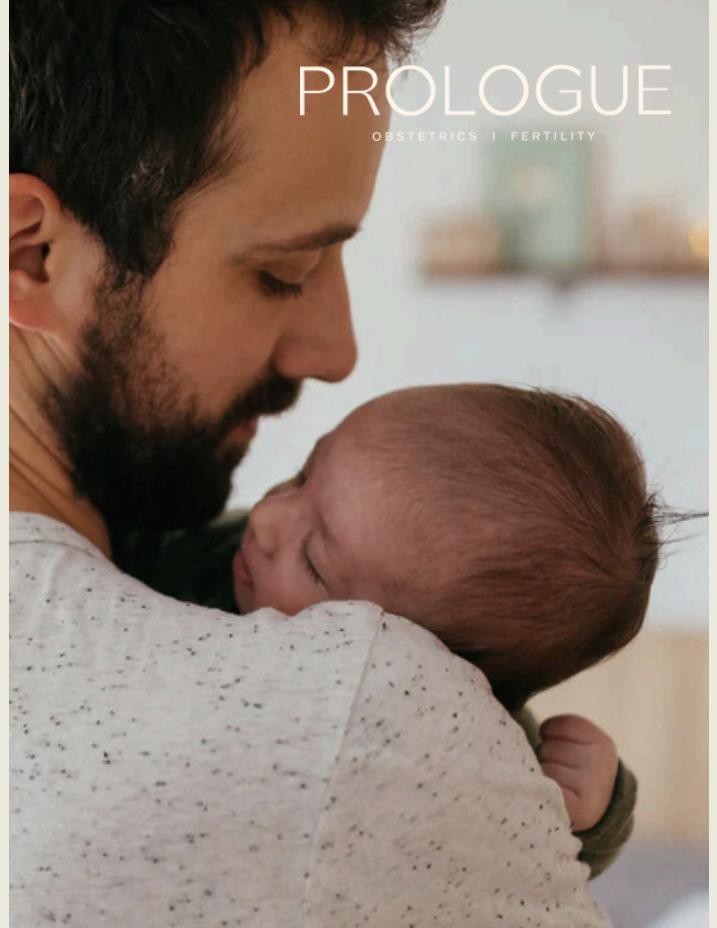
Within a week of your baby being born, you should receive a phone call from NSW Health to book this appointment. If you have not been contacted within this time, please call the number on the inside of your baby's Blue Book. If you are struggling after doing that, please let us know so we can help you.



# Sleeping and Settling

GETTING YOUR NEW BABY TO SLEEP AND SETTLE IS A COMMON CHALLENGE FOR MOST PARENTS.

An important insight when dealing with this, is that babies up to the age of six months have almost no 'working memory'. This means that, as frustrating as it is, they are unable to really 'learn' anything at this early stage and so responding to their behaviour rather than trying to manipulate it is important. Certainly for the first 3 months of their life, the biggest issues with a baby tend to stem from general crying and fussiness. Prompt attention to such behaviour isn't weak but rather a good move as it tends to lead to less frequent waking and disruptive crying patterns later on. We give you permission to feel confident in responding to your baby's needs whenever they may be.



We also ask that you please not be hard on yourself whilst you take the time to learn what your baby needs, when they need it, and if you still have the energy.....why they need it! Another big insight that we would like to offer you is that in the first weeks of their life, a baby's sleep pattern is mostly dictated by their stomach. When they're hungry; they wake. When they are satisfied; they sleep. A baby's stomach is small and can empty within 30 to 40 minutes. This means some babies can require another feed within an hour of the previous one! You also need to keep in mind that their appetite knows no clock. A big tip from us is to frequently check that your baby is not hungry. If your baby appears hungry and is rooting for a feed, respond to those signs and offer an additional breastfeed, or a bottle top up using either expressed breast milk or formula. Don't be surprised if this additional feed is much smaller in volume. You see, quite like us adults when our plate is removed before the final few bites, babies can be left somewhat dissatisfied if a feed finishes too soon, irrespective of the volume already consumed!

Another lovely thing to remember is that the act of sucking, particularly at the breast, releases surges of oxytocin in your baby's brain (along with yours!) and can act as a brilliant calming agent, particularly for an overstimulated, grizzly newborn. The potential frustration from assuming your baby has not had a good feed, can instead be replaced by reassurance in that your baby is seeking comfort and security from you and will most likely settle after this additional feed.



If your newborn does not fall asleep spontaneously following their feed, all you should do is keep your baby as calm as possible close to you. Remember, your baby has no "working memory" so can not be taught how to sleep. They do however tend to respond to an environment that reminds them of the womb which includes sucking. This is why sucking during a feed often puts them to sleep and can also be replicated with a dummy if needed. If you are considering using a dummy, try to avoid introducing it until your milk supply is fully established and your baby is steadily gaining weight. That way, you know you are not missing feeding cues by settling your baby instead which culminates in reducing your baby's intake, leading to poor weight gain.

Babies require a minimum of 6-8 feeds in 24 hours. Once discharged from hospital, they should also have a minimum of 6 wet nappies in 24 hours. The frequency of stools varies between babies. If your baby's stools are yellow and loose then this is perfect whether they come 5 times per day....or once every 5 days! On the other hand, if your baby's stools are solid like little pellets, bright green, mucousy or blood stained, please don't hesitate to get in touch with us to arrange a closer review.

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# Dressing Your Baby

Knowing how to dress your baby can be tricky! The Australian Safe Sleeping Guidelines are a great starting point to help guide you on how to clothe your baby in each season. Find more information [here](#).



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# Bottle Feeding Your Baby

(EXPRESSED BREAST MILK OR FORMULA)

Bottle feeding forms an important part of the feeding plan for many babies but can come with its own set of challenges. The information listed [here](#) is comprehensive and will be really helpful.

If you are unsure of the volume of milk your baby needs please contact us for calculation and advice:

[pregnancysupport@prologue.com.au](mailto:pregnancysupport@prologue.com.au)



# Settling Your Baby

## & LOOKING AFTER YOUR MENTAL HEALTH

At times, pretty much everyone finds this newborn stage hard, overwhelming and frustrating. It will pass and you (and your baby) will survive. However, we are keen to offer you some tips on how to settle your baby, particularly during the dreaded witching hour! At Prologue, we have always been focussed on looking after you holistically and very much value supporting you and your mental health. So, with that in mind, we have also included some fantastic support services and resources for you to consider accessing, should the need arise.



## GET OUTSIDE FOR A WALK

Ask your partner, family member, a friend or a neighbour to join you. Get out of the bubble and enjoy the fresh air and the company as you go. The opportunity to reflect and de`brief whilst exercising is a great way to let off some emotional steam and connect with those around you. You will soon notice the number of parents out pounding the pavement at similar times to yourself and you should seek comfort from the fact that you are not alone in this stage! Your baby will often respond positively to the new environment, pace and a change of scenery. So much so that you may find it is a great way to get through those tricky, grizzly afternoons between frequent feeds.

## 07

Cluster  
Feeding

Our tip to handle cluster feeding is to set yourself up with your creature comforts, grab your phone charger, a good book, your water bottle along with a snack or two and feed feed feed. Responding to your baby's feeding cues, particularly in the late afternoon, may mean you are feeding very frequently for a few hours. However, as tough as that can be, you will most likely have a settled, sleepy baby at the end of it all. If you're looking for some added motivation, it has also been suggested that this frequent feeding in the early evening helps to maintain milk supply for the following day.



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# Bathing Your Baby

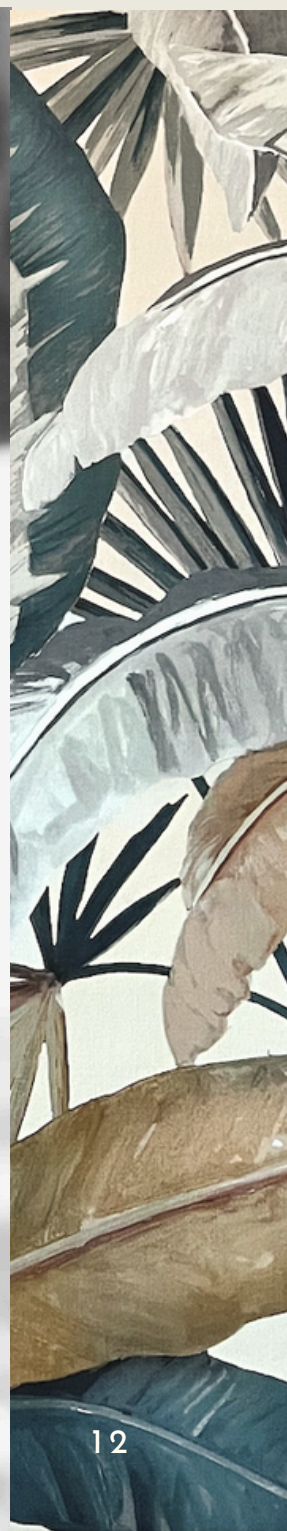
Giving your baby a bath is a great way to break up the cluster feeding and can be done by a partner, a member of your support crew or other family member, meaning a little break for you. Consider using this time to have a shower yourself, a rest away from distraction, or a short walk for fresh air and an afternoon reset.



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# Wearing Your Baby

There are numerous products on the market that will allow your baby to be strapped to your body. The advantages of this are many. It not only allows you to be hands-free and productive but it is often a great way of keeping your baby calm as they remain close to you without needing to feed.



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## Soothing Sounds

White noise replicates the loud whooshing sounds babies hear in the womb. Hearing loud white noise triggers the calming response in babies, especially if they are overtired, overstimulated or crying. White noise also disguises any noises from the household which might startle or wake a sleeping baby.

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# Hang in There!

If you're finding yourself struggling with your newborn, there are many resources and support services available to help you.

## TRESILIAN 24HR TELEHEALTH LINE

Tel: 1300 272 736

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

## KARITANE CARELINE

Tel: 1300 CARE or (02) 9794 2350

[www.karitane.com.au](http://www.karitane.com.au)

## AUSTRALIAN BREASTFEEDING ASSOCIATION

Tel: 1800 686 268

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

## GIDGET FOUNDATION

Tel: 1300 851 758

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

## PANDA NATIONAL HELPLINE

Mon to Fri, 9am - 7.30pm

AEST/AEDT Tel: 1300 726 306

<https://www.panda.org.au/>

# Contact Prologue

## CONTACT PHONE

Phone: (02) 9519 4114

Fax: (02) 9161 9444

## EMAIL

[pregnancysupport@prologue.com.au](mailto:pregnancysupport@prologue.com.au)

## FIND US ONLINE

[www.prologue.com.au](http://www.prologue.com.au)

## VISIT

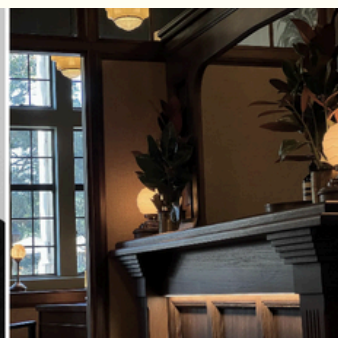
Sydney CBD, Suite G01 & G02 (Ground floor), 135 Macquarie Street, Sydney NSW 2000

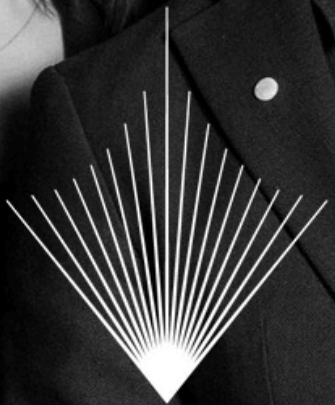
Suite 2603, Westfield Tower 1, Level 26 Monash IVF Clinic, 520 Oxford St, Bondi Junction NSW 2022

Suite 1.13 Mater Clinic Level 1, Mater Hospital, 25 Rocklands Road, North Sydney NSW 2060

## Keep in touch

The Prologue team remains here for you. We would love to receive an update from you and we also invite you to follow our journey on via Instagram [@prologue.au](https://www.instagram.com/prologue.au).





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