

# PREGNANCY AND NEWBORNS DURING COVID-19

**WE ARE STILL BOOKING APPOINTMENTS FOR ROUTINE  
8 WEEK BABY CHECKS AND VACCINATIONS**

**FOR ALL OTHER CLINICAL NEEDS WE ARE OFFERING  
VIDEO CONSULTATIONS FOR PREGANT WOMEN AND  
PARENTS OF NEWBORN BABIES**

**CALL US ON 0161 426 0011 TO BOOK AN APPOINTMENT**

## **Child Immunisations and postnatal Checks**

Routinely we see babies at 8 weeks to check their health and start their immunisation programme. **This will still go ahead to protect your baby.** We will do everything we can to ensure that this is done safely. In order to help this process, we may ask that you:-

- Contact us straight away (do not turn up) if you or any of your close family members have developed symptoms of coronavirus within 14 days of the planned appointment
- If possible, please only accompany your baby with one adult who has parental responsibility, ideally no siblings
- We may ask you to come to different entrances of the building to normal or to wait in your car until your appointment time so please look out for any instruction, and make sure you have appropriate provisions (e.g. milk for your baby, a drink for yourself, make sure you have been to the toilet before leaving the house.

We usually carry out a **postnatal check** of mum at 6 weeks after birth. **This will now be done via video consultation.** If, after speaking to the Nurse or GP, they feel you do need a physical examination, we will arrange for you to come and see us as safely as possible.

Please also see our **website / social media** pages for updates.

[www.marplecottage.co.uk](http://www.marplecottage.co.uk)

[www.facebook.com/MarpleSurgery](https://www.facebook.com/MarpleSurgery)

[www.twitter.com/marplesurgery](https://www.twitter.com/marplesurgery)

## Help with pregnancy, birth, your newborn or older child:

- **Stepping Hill Midwifery Helpline** – 0161 419 5514 (for Covid concerns)
- **Stepping Hill Midwifery Triage** – 0161 419 5551 (can be used for concerns up to 28 days after delivery)
- **Breastfeeding support** – 0161 419 4430 / 07767 870 506
- **Stockport Health Visiting and School Nursing Helpline** - 0161 835 6789 (for any concerns or advice about children aged 0-16)

## Help with your emotions and mental health

- **The Big White Wall** – [www.bigwhitewall.com](http://www.bigwhitewall.com) offers 24/7 anonymous digital emotional wellbeing and mental health support for anyone over the age of 16, as well as support from trained clinicians alongside a range of helpful tools and resources. If you are a Stockport resident, register by using your own postcode.
- **The Mental Health Helpline** – 0800 138 7276, is a 24/7 virtual service, providing a safe place for anyone over the age of 18 in Stockport
- **Emotional Wellbeing Hub** – **0161 217 6028**, 8.30am-5pm Mon-Thurs, and 8.30am-4.30pm on Fridays, provides information, advice and guidance for anyone up to age of 25 for emotional wellbeing and mental health concerns. <http://www.stockport.gov.uk/wellbeingcoronavirus>
- **Every Mind Matters** 10 tips for those who are anxious about coronavirus <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>
- **Young Minds** Advice for young people who feel anxious about coronavirus <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- **Stockport Psychological wellbeing service**, 0161 480 2020, one-to-one support for common mental health problems such as anxiety and depression
- **Wellbeing Navigators**, please ask GP practice reception team
- **The Prevention Alliance**, 0161 474 1042 , Mon – Fri 09:00 – 16:30.

## Advice about relationships

- **The Prevention Alliance (as above)**
- **Domestic Violence helpline** 0161 477 4294
- **Relate** 0300 330 5793

## Advice about contraception and sexual health:

- The Northern CASH 0161 7011523  
<https://www.thenorthernsexualhealth.co.uk/Online-Booking>

## Social Media, activities and virtual get-togethers

- **Stockport Mumbler** is a group that helps get new parents together and signpost to activities. Obviously this may need to be 'virtual' get-togethers at the moment and activities that can be done at home.  
<https://stockport.mumbler.co.uk/mums/support-groups/>
- **Peanut** is an app (endorsed by the NHS) that gives support and local links to groups, advice and other like-minded local women for women's health including postnatal issues and depression.
- **Zoom** is a free app that allows you to have get-togethers over video with family and friends.

## What to do if your baby is unwell?

The following links are to leaflets for help and advice and help about illnesses in your baby:

- **Coronavirus: parent information for newborn babies**  
<https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/04/Coronavirus-Parent-information-for-newborn-babies-leaflet-FINAL-070420.pdf>
- **Other Illness in newborn babies**  
<https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/04/Illness-in-newborn-babies-leaflet-FINAL-070420.pdf>
- **Illness in older babies and children**  
<https://www.enhertscg.nhs.uk/news/202004/advice-parents-during-coronavirus>

Please remember that Stepping Hill A+E is open as normal if you have serious concerns about your baby. If you are not sure please contact us for an urgent video appointment or ring 111, if we are closed, for advice.

If we need to see your baby, we will carefully arrange this to limit risk of infection for you and your baby; and A+E departments have coronavirus-free zones that can safely see your baby.

Yours sincerely



Dr Andrew Johnson



Dr Maher Al-Ausi