

CHILDBIRTH CHECKLIST

✓ ANTENATAL CHECK-UPS

✓ MATERNITY UNIT

? POSTNATAL CARE

WELL PREPARED FOR THE TIME AFTER BIRTH.

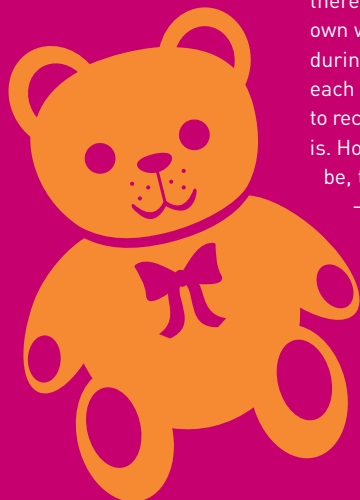
It might be **shortly before your child's birth** or the due date might still be some time off. Although the actual birth is probably the focus of your thoughts at the moment, we would like to draw your attention to the first few weeks after birth – known as the postnatal period.

The birth of a child **reshapes** family life. Everyday routine and habits are **changed** to adjust to baby's needs. Breast-feeding and care of the baby are new, still **unfamiliar challenges** which new parents have to learn to cope with. Being there for the baby round the clock and putting aside your own wishes and needs requires some adjustment. It is also during these early weeks that mother and child get to know each other better. Many babies cry a lot and it can be difficult to recognise what the crying means and how the baby really is. However wonderful the new experience of family life may be, the initial period is often so **stressful and demanding** – that is perfectly normal and it happens to lots of mothers and fathers.

To overcome this challenge, it is helpful to find out about and make use of the various postnatal care services. Especially if you cannot call on help from family or neighbours whenever you need it, it should be possible for you to get some support. As health-care professionals who deal with the health of mother and child, but also with the new situation for the whole family, midwives, health visitors, parenting advisers and paediatricians are there to advise you.

Ideally you should be in contact with the various health-care professionals before you give birth so that you know who your parenting adviser, health visitor, midwife and paediatrician will be.

You can find out about the most important services and addresses in this leaflet.



IN GOOD HANDS WITH YOUR POSTNATAL MIDWIFE.



www.baslerhebamme.ch

Your midwife will support your family throughout the sensitive postnatal period and offers **help** in coping with everyday life with a newborn baby. During the first ten days after the birth of your child your midwife will visit you at home every day, where appropriate, and will check how you are getting on.

She will **check** the health of both mother and baby. For instance, she will check your circulation, feel the height of the uterus, examine how well any perineal damage is healing and ask about postnatal bleeding and discharge.

Another important job is to provide help and support with breastfeeding and, if necessary, with stopping breastfeeding. Your midwife will support you in looking after and caring for your newborn baby, check the baby's weight gain, wound healing around the navel and much more.

The Basel Midwives provide postnatal exercise and pelvic floor classes as well as information about sex life and family planning. In crisis situations they work closely with the relevant agencies. They perform this diversity of jobs with the utmost commitment around the clock, **for 365 days a year, including Sundays and public holidays.**

Their work also includes the challenging job of **caring for and supporting** families following a miscarriage or still-birth. They similarly support women and couples after trauma suffered during difficult births. Specially trained midwives offer alternative healing methods such as homeopathy, herbal medicine, acupuncture, breathing therapy, baby massage during pregnancy, childbirth and the postnatal period.

The work of midwives makes an essential contribution to **promoting the health of mother and child.** By providing advice and information, they help mothers enjoy good health during the postnatal period and in the long term contribute towards the wellbeing of the whole family. The costs of home postnatal care services during the first ten days after birth are met by your basic health insurance. This also covers three breastfeeding consultations throughout the breastfeeding period from the 11th day after birth.

Your Basel Midwives are happy for you to contact them at any time during your pregnancy. Every midwife can be contacted in person by phone or email to answer any questions or concerns you may have. Addresses and up-to-date information can be found at www.baslerhebamme.ch. From 8.00 a.m. to 8.00 p.m. (Mon–Sun) via the FamilyStart helpline, midwives offer advice over the phone or will provide you with a midwife: Tel. 0848 622 622.

Your midwife's name:

Address:

Telephone:



HELPLINE
FAMILYSTART
BEIDER BASEL
8.00 A.M.–8.00 P.M.
0848 622 622



BASEL CITY PARENTING ADVICE FROM BIRTH ONWARDS.

BASEL ADVICE SERVICE FOR PARENTS WITH CHILDREN AGED 0 TO 5 YEARS

www.muetterberatung-basel.ch

Basel City Parenting Advice offers a broad range of services for families with children aged 0 to 5 years. This provision is open to all families **free of charge** and includes:

- Telephone advice from Monday to Friday
- Consultation in advice centres with and without an appointment (daily Mon – Fri, see www.muetterberatung-basel.ch)
- Advice in a home visit
- Classes and discussion sessions on health-promoting topics

Basel City Parenting Advice **supports** you during the first five years of your child's life in your role as parents. An experienced team of qualified specialist nurses can advise you on subjects such as breastfeeding, diet, baby's development, growth, sleep, education, care and health issues. The advisers will also answer questions about stressful situations and how to cope with them. They can inform you about group meetings, opportunities to make contacts or simply take a break, about classes on offer and professional and advisory agencies. Parenting advisers are obliged to maintain **confidentiality**.

Advice is available in German, French, Italian, English and Spanish. An interpreter will be organised for advice in other languages. Your adviser will contact you after receipt of notification of birth, if possible by telephone, and will let you know what services are available. Initial questions will be discussed over the phone or a home visit or advice centre appointment will be arranged, whichever is most appropriate.

You may **telephone** Basel City Parenting Advice before and any time after birth if you have any questions, want to arrange an appointment at an advice centre or would like a home visit.

Basel City Parenting Advice Basel Advice Service for parents with children aged 0 to 5 years

Freie Strasse 35
4001 Basel

Telephone 061 690 26 90

Fax 061 690 26 91

info@muetterberatung-basel.ch

www.muetterberatung-basel.ch

Your parenting adviser's name:

Address of nearest advice centre:

Advice centre opening times:



A PAEDIATRICIAN FROM THE BEGINNING.

www.kindermedizin-regiobasel.ch



Just as you can count on your **general practitioner** yourself, you should choose a paediatrician as a **contact person** and support for questions about health or illness for your child.

There are some very **important stages of development** at every age, but a lot of these happen in the first year of life. A paediatrician (doctor specialising in the medical care of children) will assess the physical, mental and emotional **development** of your child and carry out preventive health checks and **vaccinations**. You can also talk to the paediatrician if you have any concerns about the health or development of your child. Questions, for example about **diet** or **sleep**, can also be discussed with your paediatrician.

CHOOSE A PAEDIATRICIAN EVEN BEFORE YOUR CHILD IS BORN.

Paediatricians are listed in the phone directory or at www.kindermedizin-regiobasel.ch. At Basel City Child and Youth Health Service (St. Alban-Vorstadt 19, 4042 Basel; Tel. 061 267 45 20) you can also obtain a list of all paediatricians arranged by district.

APPOINTMENT FOR FIRST PREVENTIVE HEALTH CHECK.

Notify the paediatrician as soon as you get home with your baby and straight away arrange the **first check-up**.

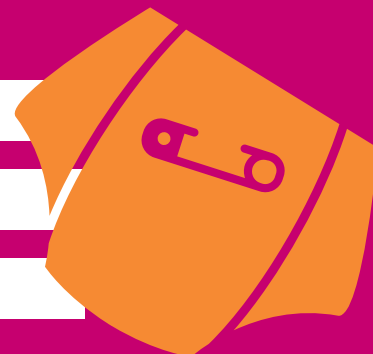
The first examination should take place at the age of about **two weeks**. You should also register your child with a **health insurance scheme** even while you are still pregnant. Insurance is compulsory in Switzerland.

Your child will be covered for illness and accident by the **mandatory basic health insurance** (KVG). The costs of the **preventive health checks are also covered**. In each case you will have to meet the co-payment of 10%.

Paediatrician's name:

Address:

Telephone:



ADDRESSES.

University Children's Hospital Basel (UKBB)

Spitalstrasse 33
4056 Basel
Tel. 061 704 12 12
www.ukbb.ch

Qualified Breastfeeding Counsellor (IBCLC)

To access the list and contact
person for Basel region:
Ms. Monica Birchler
Tel. 061 265 90 94

FamilyStart – Helpline

For questions about pregnancy,
childbirth, postnatal period and
breastfeeding, daily from 8.00 a.m.
to 8.00 p.m., telephone midwife
advice and to provide a midwife:
Tel. 0848 622 622

Women's Hospital University Hospital Basel

Spitalstrasse 21
4056 Basel
Tel. 061 265 25 25
www.unispital-basel.ch

La Leche Liga

Telephone breastfeeding advice and
breastfeeding meetings. To access the
list and contact person for Basel region:
Ms. Claudia Schlegel
Tel. 061 302 44 91

Spitex Basel, for Pregnant and Prenatal Women

Feierabendstrasse 44
4051 Basel
Tel. 061 686 96 15
www.spitexbasel.ch

Parents' Emergency Helpline

24-hour telephone advice for parents
feeling under stress, worried about
their child and in need of advice quickly:
Tel. 0848 35 45 55
www.elternnotruf.ch

INTERNET PORTALS.

www.baslerhebamme.ch

www.kindermedizin-regiobasel.ch

www.muetterberatung-basel.ch

www.einelternfamilie.ch

www.muetterhilfe.ch

www.mutterglueck.ch

www.postnatale-depression.ch

www.profamilia.ch

www.schreibabyhilfe.ch

www.swissmom.ch

www.zwillinge.ch





Gesundheitsdepartement des Kantons Basel-Stadt

Bereich Gesundheitsdienste

► **Abteilung Prävention**



**Gesundheitsdienste Basel-Stadt
Abteilung Prävention**

St. Alban-Vorstadt 19
4052 Basel
Tel. 061 267 45 20

abteilung.praevention@bs.ch
www.gesundheit.bs.ch

