



Tyntesfield Medical Group New Baby Leaflet



1

REGISTER YOUR BABY!

[Click here](#) to register your baby
as a patient

Ideally to be done least 2 weeks
before baby's 6-8 week GP
appointment

2

BREASTFEEDING

[Local Breastfeeding Support](#)

Follow the link above if you are
breastfeeding and would like
further help and support

3

MENTAL HEALTH

Postnatal depression affects 2/10
Mums and 1/10 Dads.

If you or your partner would like
any advice /support then please
speak to your health visitor/GP
or visit

[Dads in Mind](#)
[Bluebell Care](#)

4

BABIES CRY

It is stressful when babies cry and
some cry more than others. It will
pass! If struggling- ensure baby is
safe and take 5 minutes to walk
away. Remember never ever
shake a baby. See [Icon](#)

5

BABY/TODDLER ILLNESS

If you are worried your baby may
be unwell please do contact us.

You may also find these apps
helpful for common problems
[Lullaby Trust- Baby Check App](#)
[Handi App](#)

6

PEER SUPPORT GROUPS

If you or your partner are
struggling with isolation, stress
or anxiety then please speak to
your health visitor or
[Mums in mind](#) run peer support
groups for Mums and Dads