



My postnatal appointment checklist



It's important to ask questions during your postnatal check-ups to ensure both your health and your baby's health are being monitored effectively. Use our checklist to help you keep track of the questions you might want to ask, and the answers, during your midwife and health visitor check-ups.

Postnatal midwife check-up

Recovery and health

- How is my physical recovery progressing?
- Are there any signs of infection or complications I should be aware of?
- Is it normal to be constipated after birth?
- Is it normal to leak urine after birth?
- Are there any vitamins I should take postpartum?

Breastfeeding and infant feeding

- How can I tell if my baby is feeding well?
- What support is available if I am having trouble breastfeeding?
- How can I ease sore nipples?
- What are the signs of mastitis? Would I need to see my GP?
- Should I be avoiding any specific food, drink, medications when breastfeeding?
- How do I safely sterilise formula bottles?
- How do I know which teat size and flow rate to get for my baby bottles?
- Can I freeze my breast milk? If so, how do I store and defrost it safely?
- When's the best time to pump to increase milk supply?
- When do I start weaning my baby onto solid food?

Emotional wellbeing

- What should I do if I feel overwhelmed or anxious?
- Are these feelings normal, and when should I seek help?
- Is there support for my partner if they're struggling?

Baby's health

- Is my baby's weight gain on track?
- What are the signs of common newborn issues?

Practical advice

- How can I establish a good sleep routine for my baby?
- What is the best way to care for the umbilical cord stump?
- Does cradle cap clear up?
- What's the best treatment for nappy rash?
- Do milk spots (milia) clear up naturally?
- What's the best way to take a baby's temperature?
- What room temperature should my baby sleep in?
- When should I clip their nails?
- How can I help my baby when they have trapped wind?
- When can I put my baby in a sling / carrier? What's the safest way to do this?
- Should I swaddle my baby for sleeping? How do I do this?

Health visitor check-up

Developmental milestones

- Is my baby meeting the expected developmental milestones?
- What activities can help with my baby's development?

Safety and care

- What safety precautions should I take at home?
- How can I prevent sudden infant death syndrome (SIDS)?

Immunisations

- What vaccinations will my baby need, and when?

Support services

- What local resources and support groups are available for new parents?

Family adjustment

- How can I help my other children adjust to the new baby?

Physical health

- Is my postnatal recovery and healing on track?
- Notes: (List any symptoms you might be experiencing)
- Is it safe for me to resume exercise and sexual activity?

Mental health

- What should I do if I experience symptoms of postnatal depression?
- Are there any mental health resources you'd recommend?
- Are there any local support groups for parents?

Contraception

- What are my options for contraception now that I've had a baby?

Baby's health

- Are there any concerns about my baby's development or health?
- How often should my baby have check-ups?

Future health planning

- Are there any lifestyle changes you recommend for my long-term health?

6-week postnatal GP appointment

Physical recovery

- How is my healing process going?
- Is it normal to still feel pain or discomfort?
- What signs or symptoms should I be aware of, that might indicate a problem?
- When can I resume physical activities like exercise or sex?
- Are there any exercises or activities I should avoid during the postpartum period?

Mental health

- How do I know if what I'm feeling is postpartum depression or anxiety?
- What support or resources are available for mental health?

Breastfeeding

- Are there any concerns with breastfeeding (e.g., pain, supply issues)?
- What are the signs of mastitis or other breastfeeding issues?

Contraception

- What are my options for contraception now?
- How soon can I start using contraception?

Family planning

- When is it safe to plan for another pregnancy?

General health

- Are there any specific health checks or tests I should have now?
- Should I be concerned about any symptoms I'm experiencing?

Notes: (List any symptoms)

Baby's health

Your baby's health should also be checked around this time by a GP – known as the baby's 6-8-week check. Your postnatal check can be done immediately before or after your baby's check, but it can also be at a separate time should you prefer. Questions you could ask your GP about your baby's health include:

- Is my baby meeting the expected developmental milestones?
- Are there any concerns with their growth or weight gain?
- Are there any vaccinations or health checks I should be aware of?
- Are there any side effects I should watch for after vaccinations?
- Are there any signs of common infant illnesses I should be vigilant about?

- What should I do if I notice any unusual symptoms?
- How can I support my baby's cognitive and emotional development?
- Are there specific activities or interactions you recommend?
- When do they need to start tummy time?
- Is my baby feeding adequately, and how can I tell if they're getting enough milk?
- Do you have any advice on transitioning between breastfeeding and bottle-feeding if needed?
- Do you have recommendations for baby-proofing my home?
- What should I know about safe sleeping practices?

Space for notes:

Top tip

Make sure to bring up any specific concerns or symptoms you are experiencing, and don't hesitate to ask for clarification on anything you find confusing. Your midwife, health visitor and GP are there to support the health and wellbeing of you and your baby.

For more information on postnatal and postpartum health and wellbeing, visit our pregnancy hub (axahealth.co.uk/staying-healthy/womens-health/pregnancy).