



Certification 2016

Preventative vitamin doses: Your baby will be given vitamin K as part of the U1, U2 and U3 preventative check-ups. We recommend giving vitamin D from the 8th day after birth.

Safest way for baby to sleep For the first year, the safest sleeping position for baby is on its back. During the day, you can place your baby on its stomach or side every now and again. This will help to train baby's muscles.

- Baby sleeping on its back in a sleeping bag
- A smoke-free environment
- 16°C - 18°C room temperature
- Breastfeeding

Vaccinations for babies Vaccinations are able to prevent many diseases nowadays. Hence why we are mentioning the officially recommended vaccinations now. Your paediatrician will advise you when you take your baby for its preventative check-ups. Vaccinations start from the U4 check-up. Vaccinations now provide effective protection from the following diseases: Diphtheria, whooping cough (pertussis), tetanus, hepatitis B, polio (poliomyelitis), meningitis (haemophilus), measles, mumps, German measles (rubella).

CONTACT

PERINATAL CENTRE ALTONA

Level I

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YOUR STRONG PARTNER

ASKLEPIOS KLINIK ALTONA
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ALTONA CHILDREN'S HOSPITAL
Bleickenallee 38
22763 Hamburg



HOW TO FIND US

Bus connection from Altona station:
Metrobus 1
Bus 250
Bus 150

Bus stops:
Behringstrasse (AK Altona) or AK Altona, Entrance



LEVEL I PERINATAL CENTRE



RECOMMENDATIONS FOR MOTHER AND CHILD

after giving birth

Dear Parents,

We hope that you enjoyed your stay at our Women's Clinic. Now you have come home and a new stage of life begins. We have put together a few helpful suggestions and advice to make this start a little easier. If you have any problems after you have left the hospital, please don't hesitate to ask for advice.



RECOMMENDATIONS FOR MOTHERS FOLLOWING DELIVERY

Post-natal midwife: For the first 10 days, your midwife will visit you every day and, depending on the agreement, up to 8 weeks after delivery. She will check that your body is returning to normal after giving birth, help with breastfeeding issues and monitor your baby's well-being. Please discuss all arrangements, such as appointments, directly with your midwife. The health insurance companies cover all the costs for this.

Bleeding after the birth (lochia): This is a wound secretion coming from where the placenta was previously attached to the womb. Whether the birth was vaginal or a caesarean section, this wound secretion continues until the lining of the womb has healed (approx. 4-6 weeks). The bleeding will become lighter over time and also changes colour (red - brown - white).

Gynaecological examination Visit your gynaecologist for your first gynaecological exam around 6-8 weeks after giving birth - should you experience fever, abdominal pain, reddening of the breasts, increased bleeding, etc. get in touch sooner.

Postnatal contraception It is also important to think of contraception after giving birth, as breastfeeding will not prevent you from getting pregnant. Discuss the best method with your gynaecologist. We recommend using condoms until you have found a suitable method of contraception.

Postnatal hygiene: Do not use tampons during this postnatal period, use maternity pads. Avoid public wet areas.

Postnatal exercises: Start postnatal exercises in good time. Discuss details with your midwife or with us at the hospital. Pay particular attention to the pelvic floor after giving birth. Get in touch with trained midwives or physiotherapists to help you with this.

Menstrual period: If you are not breastfeeding, then the first period usually starts after about 5-10 weeks; it tends to be later for nursing mothers, sometimes only starting after the breastfeeding phase has finished. This varies greatly though.

Caesarean delivery: If you have had a caesarean section, take it very easy for the first few weeks. If possible, don't lift anything heavier than 5 kg and certainly no more than 10 kg. You can shower the first day after the operation. Be careful not to get soap onto the scar.

Birth certificate: If you have given us all the necessary paperwork for the registry office in Altona, you will receive the birth certificate around 1-2 weeks after giving birth.

RECOMMENDATIONS FOR BABY

Breastfeeding: Breast milk is the best nutrition for a newborn infant. It contains all the necessary nutrients for healthy development and prevents allergies. How long you breastfeed for is entirely up to you, but 4-6 months is a good indication. The best way to ensure you have a sufficient supply of milk is to breastfeed according to baby's needs, so as early and as often as possible. It also creates a more positive breastfeeding relationship. If baby is not being breastfed, we recommend using a breast milk substitute (Pre/HA pre formula).

Jaundice in newborns: Many newborns develop a visible yellowing of the skin and eyes in the first few days of life. Your midwife or paediatrician will tell you what to do and will decide if and when a blood sample needs to be taken.

Metabolic screening: This is a blood test sample taken in the first 48-72 hours of life to test for congenital metabolic disorders. This blood sample is taken before your baby leaves the clinic. If you leave the clinic early, we will give you the necessary examination card. Your midwife or paediatrician will then take the blood sample and send the card to the relevant authority.

Hearing test: A hearing test to check your baby's hearing is conducted in the clinic.