



# Lactation & Postnatal Consultations

## Information Sheet

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Many clients wonder what is provided in the Lactation & Post Natal Consultations delivered by The Family Zone in your home. This query is often associated with not having any knowledge of what a British trained "Health Visitor" is, especially since this professional role is not common outside the UK.

A Health Visitor is trained to promote health and the prevention of illness and can specialise in particular areas, for example with babies and children to the age of 5. Yvonne Heavyside, the founder of The Family Zone, is a British trained Health Visitor and has specialised in the last thirty-five years in a number of areas:

- babies and children up to the age of 5 and their parents;
- babies and children up to the age of 5 with special needs including due to physical or intellectual disabilities;
- geriatric people still living in the community.

Over the last 20 years Yvonne has concentrated on the first two of these areas, complementing her skills and experience with Lactation Consultancy (IBCLC). These skills and experience are brought to bear during our Lactation & Postnatal Consultations in your home for both mother and baby or child.

### For the mother

- professional and emotional support through one of the most significant changes in any woman's life;
- lactation consultancy, advice about bottle feeding and weaning;
- checking that the perineal or caesarean section wounds are healing and that the uterus is contracting properly
- early detection of post natal depression (PND) so that remedial action can be applied quickly to ease recovery; the latest research indicates that 1 in 10 women suffer PND and life in Hong Kong apart from one's support network can increase this; without treatment PND can last for months or sometimes, years.

### For the baby or child

- monitoring of the physical and emotional development of the baby to ensure the baby is thriving in the crucial early weeks and months;
- early identification of any areas for concern regarding problems unseen at birth to maximise opportunities to remedy them;
- tracking of physical, intellectual and emotional development milestones – to provide targeted guidance on stimulation needs and to catch early any indications of problems so that rapid remedial action can be taken; in the first 6-12 months of a baby's life they are rarely seen by a paediatrician and so a developmental check at least at 7 or 9 months is recommended;
- sleep advice;
- provision of nutritional advice as the baby or child matures.

If you sign up for a package of 5 Lactation & Postnatal Consultation visits, the package can be used at any time within 6 months from your first consultation. Clients use the package, especially in the first few weeks, according to how things are faring and how confident they feel: some like frequent visits in the early stages and then lessening in frequency; others like just calling for visits on a 'needs' basis. Thereafter, the visits are conducted against standard baby and child development milestones, and more frequently if areas for concern are encountered. Each visit lasts about an hour; visits include weighing the baby, screening mum and baby or child and answering all your questions.

With a package the client can contact your consultant by email, WhatsApp or phone call at any time. If you have any queries about the above, please write to Yvonne at:

[yvonneheavyside@thefamilyzone.hk](mailto:yvonneheavyside@thefamilyzone.hk)