

Would you like help with:



Settling your baby?

Feeding problems?

A way to enjoy your baby?

Pharmacy stamp <i>Please do not stamp over age box</i>	Age Any D.O.B Any	Title, Forename, Surname & Address All expectant and new mothers across Norfolk and Waveney
Number of days' treatment N.B Ensure dose is stated	Endless	NHS.Number:

Community Practitioner Nurse Prescriber

CN

Skin-to-skin contact

As often as required

A baby will feed at least six to eight times a day
Having skin to skin contact during feeds (regardless of feeding method) will:

- keep baby warm
- calm baby's heart rate
- regulate baby's breathing
- reduce baby's and mothers stress levels.

It will also help you to :

- keep baby close
- respond to baby's feeding cues

Signature of prescriber

On behalf of your baby

For dispenser No. of Prescens On form

'Prescribed' by all Midwives and Health Visitors across Waveney and Norfolk

Supported by the Parent Infant Mental Health Team and NHS Norfolk and Waveney

CN



Your local health service 'prescribes' skin-to-skin

Skin-to-skin means holding your baby close to your chest, bare skin to bare skin



It's cool to cuddle!

Dads can do it too!