



# What to expect once discharged home

## **Maternal and Child Health Nurse visits (MCHN)**

The maternal and child health nurse from your local council will contact you to inform of their first home visit within the first 2 weeks of discharge from hospital. Ongoing review with them is highly recommended for growth and development monitoring. The Maternal Child Health Helpline is a 24-hour service you can access to discuss concerns about your child's health, nutrition, breastfeeding and parenting. Tel: 13 22 29

## **Vaccination**

Baby's next vaccination is due at 6 weeks old. This can be organised with your GP or your local council. Your maternal and child health nurse will be able to provide more information about vaccination centres within your council area.

## **Investigations (e.g hip ultrasound, kidney ultrasound, blood test)**

Investigations will be organized based on pregnancy, family history, and the baby's physical examination findings. For instance, if any risk factors are found during the baby's assessment, a hip ultrasound will be scheduled to check for hip dysplasia. Please inform your paediatrician promptly about any abnormal findings from your pregnancy scans.

## **Vitamin D**

A vitamin D supplement is recommended for infants until at least 12 months of age or beyond, as it supports growth and promotes healthy bone development. Infant vitamin D supplements are available over-the-counter at pharmacies and do not require a prescription.