

Post Natal Care

Postnatal Home Visiting Service available through all Dr Armstrong's patients.

Within a few days after leaving hospital with your newborn, Dr Armstrong's postnatal home visiting midwife Kelli Zakharoff will contact you to arrange a time to come and see how you and your newborn are managing.

Kelli is a qualified registered midwife with many years experience working with women and babies. She has worked in public and private hospitals, birthing centres, child health services and is also a private practising midwife.

Taking your new baby home can be very daunting and a very unsettling time. Babies don't come with instruction manuals but Kelli can help you with breastfeeding, wrapping, settling techniques and answer all those questions you have about your baby's general day-to-day care.

The service also includes:

- Postnatal checks for new mums and dads
- Baby weighing and measuring
- Caesarian section wound care and management
- Breastfeeding support, advise and technique
- Formula feeding support and guidance
- Support and advice of multiple births (managing twins and triplets)
- Baby care and baby products advice including safe infant sleeping
- Managing with emotions of early parenthood
- Advice about immunisations
- Referrals to allied health professionals such as osteopathy, physiotherapy or Child Health Services

Kelli also provides a phone support service 7am to 7pm 7 days a week.

The postnatal home visiting service is available to all Dr Armstrong's patients after the birth of their baby (or babies) providing up to 3 home visits and telephone support . These visits are bulk billed by Dr Armstrong for up to 12 weeks postnatal. However if you would like further home visits after 12 weeks post-natal, you can discuss with Kelli information on costs and potential insurance rebates.