

**MOTHER  
FIT**

MIND BODY SOUL

# Registering your new baby

**MOTHER FIT RESOURCE**





All births in England, Wales and Northern Ireland must be registered within 42 days of the child being born.

You should do this at the local register office for the area where the baby was born or at the hospital before the mother leaves.

The hospital will tell you if you can register the birth there.

If you cannot register the birth in the area where the baby was born, you can go to another register office and they will send your details to the correct office.



## Information you need when registering a birth:

- place and date of the birth
- name, surname and sex of the baby
- parents' names, surnames and address
- places and dates of parents' birth
- date of parents' marriage or civil partnership
- parents' jobs
- mother's maiden surname

You might not need to give all of this information, depending on who is registering the birth.

## What you should take:

You should take at least one form of identification when you go to the register office.

## You can use:

- passport
- birth certificate
- deed poll
- driving licence
- proof of address (for example, a utility bill)
- Council Tax bill
- marriage or civil partnership certificate
- You should also take your child's personal child health record or 'red book' as some registrars may ask to see it

If you're going to the register office on your own, you may need proof of paternity from the other parent before you give their details.

Source : [www.gov.uk/register-birth](http://www.gov.uk/register-birth)





Register your baby with your GP as early as possible in case you need their help. You can contact your GP at any time, whether it's for you or your child. If you move, register with a new GP close to you as soon as possible.

If your baby is not yet registered with a GP but needs to see one, you can receive emergency treatment from any GP surgery.

### **Health Visitor**

A health visitor will usually visit you at home for the first time around 10 days after your baby is born. Until then you'll be cared for by local midwives. A health visitor is a qualified nurse or midwife who has had extra training. They're there to help you, your family and your new baby stay healthy. Your health visitor can visit you at home, or you can see them at your child health clinic, GP surgery or health centre, depending on where they're based. Talk to your health visitor if you're struggling with your mental health. They can give you advice and suggest where to find help. They may also be able to put you in touch with groups where you can meet other parents.

### **Child health clinics**

Child health clinics are run by health visitors and GPs. They offer regular baby health and development reviews and vaccinations. You can also talk about any problems to do with your child, but if your child is ill and likely to need treatment, see your GP.

Some child health clinics also run parent and baby, breastfeeding, and peer support groups.

Source : [www.nhs.uk/conditions/baby/support-and-services/services-and-support-for-parents/](https://www.nhs.uk/conditions/baby/support-and-services/services-and-support-for-parents/)

