



Dear Mum,

After a long, patient 9-month wait, baby is born, big congratulations!

We hope you had a smooth, safe delivery and are ready for the challenging yet beautiful journey of taking care of your baby! Over the next days, weeks, and months, you can expect to have times of joy and excitement, but you should also expect times of worry and frustration. You may also have many questions.

At Bellevue Medical Center, we are committed to assisting you as much as possible in this transitional phase following your delivery, and helping you go through it in the best way possible. In this folder, you will find some information on how to take care of yourself and your baby after birth.

For any remaining questions you may have, please don't hesitate to call us on our direct maternity helpline.

Our best wishes go to you, your baby, and the whole family.

Sincerely,

The BMC Maternity Team

MATERNITY DEPARTMENT

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