

COVID-19, post lockdown and visiting newborns.

We've done some great work on restricting the spread of COVID-19 and we are seeing restrictions being eased around the country. Here are some ideas on how to have a conversation about your wishes for visitors.

I know this seems like a fine balance, and it is mamas. We want our loved ones to meet our baby, we want some social interaction too but we want to keep our babies as safe as we can from germs. Our family and friends may be desperate to welcome and love the littlest one, but we still need to set some good, healthy rules in place. I know it may be a tough conversation - so here are some ideas and a script to help.

"Our sweet baby is almost here and we are excited to share our joy with you.

Rules around hospital visiting remain strict, and we know we have a lot to learn in a short time when we are in hospital so we will be making the most of this time together.

As we prepare to bring baby home, we know that rules around how many people can come into our home are changing.

However, our newborn will still have a very delicate fragile immune system, so we will need to keep our own sort of lockdown in place.

We have decided not to have visitors in our home at this stage. We know you'll understand why this is important to us. There is so much uncertainty around, and we know that newborn cuddles can ease a tonne of anxiety - but right now we need to focus on keeping well and healthy in our home.

There is so much that we can't control, but this is a small thing we can try to manage.

*We would love to zoom/house party/ facetime with you when we are home, so let's plan on that. We also know that when all of *this* is over, we can come together and truly celebrate all the good things!"*

There will (*hurrah*) be some people who fit into your gang of five (friends and family).

When you work out who your people will be, you need to make sure they're all on the same page as you are.

Ask them to set some rules if they are planning on visiting baby (that they keep their own iso etc) and make sure they have their own immunisations up to date.

Make sure they have downloaded the COVID tracking app so they have an awareness of who they've come into contact with and that they're practising good health hygiene etc.

It's sometimes tricky to talk about immunisations, but it is simple to say something like this

"If you want to visit with baby when things have settled down in the first few weeks, we ask that you please have your whooping cough booster and flu shot. If you are unable to or prefer not to, let's save your visit and cuddles until baby has had the first vaccines after six weeks. We are assured that the time flies and you'll be meeting baby before you know it. "