

The Postnatal Worker

Postnatal co-ordinators ensure that branches are able to offer postnatal support to anyone who wants it: antenatal class attendees, existing branch members, parents moving into the area, new parents with young babies, and parents referred by local health professionals.

As a charity we offer our services to all, and do not insist that those receiving our help become members. However, by promoting what we do, and what we have achieved, we hope that people will want to support the NCT by becoming members or making a donation.

There may be one or more postnatal co-ordinators for a branch and they must be members of the NCT. Large areas may be subdivided with an organiser for each district and these organisers too should be NCT members. If they have not attended NCT antenatal classes it is a good idea for them to sit in on a course, so that they are aware of what parents-to-be are taught.

What Does A Postnatal Co-ordinator Do?

- ensure that the support system is working well
- allocate supporters to classes, members or groups, and encourage new social groups to develop
- delegate wherever possible
- keep records of supporters available, and parents supported, to be used when compiling annual statistics and for local information
- support the supporters by regular phone contact or meetings
- be available to them as a listening ear and to be aware when supporters need to off-load their experiences or reduce their responsibilities
- offer information and additional support when needed
- provide information to supporters on their role, and to new parents on what they can expect from their branch support network
- collect details of local related organisations and groups
- arrange for a branch library of postnatal books to be kept and made available (this can be advertised in the branch newsletter)
- keep a local special experiences register, or supervise this
- meet regularly with branch antenatal teachers, breastfeeding counsellors, postnatal discussion leaders and antenatal bookings secretary to ensure that information is exchanged and that each strand of support complements the others
- keep the branch committee informed of the activities of the postnatal team, and agree expenses for yourself and supporters regularly with the committee
- develop contacts with local health professionals to exchange information about the support your branch can offer and the needs of the community
- keep the value of postnatal support firmly in the mind of the branch committee and look at ways of encouraging new helpers to volunteer for this important work