



IDA-TALLINNA KESKHAIGLA

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Midwife's home visit service

The midwife's home visit service is available to all women who have given birth in our hospital and live within 30 km. Home visits take place until the 7th day of the child's life, or later if necessary.

The purpose of the home visit is to support the postnatal adaptation of the mother and the newborn and to contribute to the physical and mental recovery of the mother. The midwife gives advice on how to properly care for and breastfeed the newborn, and makes sure that everything is going normally. If necessary, a repeat visit or an outpatient visit to the breastfeeding clinic or paediatrician will be arranged.

During the home visit, we check:

- **Mother's health:** we monitor the mother's postpartum recovery and general state of health.
- **Child's health:** we assess the general condition, weight gain, and adaptation of the newborn.
- **Nutrition:** we monitor the breastfeeding process, advise and, if necessary, solve any feeding problems that have arisen.
- **Family coping:** we support the process of growing up as a family and give advice on adapting to the new situation.

Organisation of the service

The time of the home visit is agreed upon in the postpartum department on the day of leaving the hospital. The exact time of the visit will be determined on the day of the visit, when the midwife contacts the family.

A midwife's home visit is free of charge for the family.

Additional information

For children released to their home from the Department of Neonatology, a home visit is offered by a nurse or midwife from the Department of Neonatology. More information can be found [here](#).

We want every family to receive the support and advice they need in the initial weeks following childbirth, so that adjustment to the new situation is successful.