

A pregnant woman with brown hair tied back, wearing a white long-sleeved V-neck sweater and dark pants. She is smiling and holding her belly with both hands. The background is plain white.

# Having a Baby in Ireland

**A Guide for Non-Irish  
Women in Clonmel**

March 2009

Clonmel  
Community Partnership



# Welcome

The idea for this booklet came from the Integration Project of Clonmel Community Partnership. The project worker came in contact with a number of non-Irish women who were expecting a baby, but felt they did not know enough about maternity services in Ireland. Different studies show that this is generally a concern for non-Irish women in Ireland — not just for those in Clonmel — and that information is needed on:

- ✓ Medical maternity services
- ✓ Maternity rights and entitlements
- ✓ How the health and social welfare system operate

Our booklet hopes to provide some of this information for non-Irish women who live in Clonmel. Irish women and women elsewhere in Ireland may also find it useful. Our booklet may not answer all of your questions. Every pregnant woman finds herself in unique circumstances. However, we have tried to focus on topics of interest to non-Irish women and have included a wide range of information in this regard. We have also included a list of services and contact details for the Clonmel area where you will get further information.

This booklet is an information guide only. It has been developed by County Tipperary Information Service Ltd. in collaboration with the Integration Project of Clonmel Community Partnership. Every effort has been made to ensure that all information is accurate at the time of publication (March 2009). We would like to thank all those who have contributed to this booklet, particularly the women who helped us identify the type of information that needed to be included here. We would also like to acknowledge the input of professionals in the health services and in the areas of community development and social welfare.



This booklet is aimed at non-Irish women who are pregnant or plan to become pregnant and who intend to avail of maternity care services in Ireland. If you are worried about an unplanned pregnancy you should contact a free support service to receive counselling and information about all your options (log onto [www.positiveoptions.ie](http://www.positiveoptions.ie) or freetext 'list' to 50444). It is currently illegal for anyone to have an abortion in the Republic of Ireland. However, it is your legal right to leave Ireland to avail of this option.

# Contents

## Entitlements

Maternity-related health services . . . . .	5
Maternity-related payments . . . . .	6

## Step-by-Step

[1] Confirm your pregnancy with your GP . . . . .	9
[2] Confirm whether you are entitled to free, public maternity care in Ireland . . . . .	9
[3] Find out about birth options in Ireland . . . . .	11
[4] Confirm your private health insurance cover . . . . .	12
[5] Decide where you want to give birth . . . . .	13
[6] Learn about antenatal care in Ireland . . . . .	13
[7] Book antenatal classes . . . . .	14
[8] Check your entitlements as an employee . . . . .	15
[9] Prepare for Maternity Leave (if you are working) . . . . .	16
[10] Preparing for birth . . . . .	17
[11] Having your baby . . . . .	18
[12] Register the birth of your baby . . . . .	20
[13] Apply for a passport for your baby, if you plan on travelling . . . . .	21
[14] Know about the medical care to expect after birth . . . . .	22
[15] Get community support . . . . .	23
[16] Check that you are receiving Child Benefit . . . . .	24
[17] Make sure your baby has received the recommended vaccinations . . . . .	25
[18] Get support, if you are breastfeeding . . . . .	26
[19] Find out about your childcare options . . . . .	26
[20] Prepare to return to work . . . . .	28
Checklist . . . . .	29

## Resources

GPs in Clonmel . . . . .	31
Maternity hospitals in and around Clonmel . . . . .	32
Useful services in Clonmel . . . . .	34
Useful publications . . . . .	37
Useful websites . . . . .	38

# Entitlements

Your personal circumstances will influence the range of medical services and social supports you are entitled to in Ireland when you are pregnant. For maternity-related health services, you have to live in Ireland for at least one year. The official term is: you have to be “ordinarily resident”. For Social Welfare assistance payments you have to satisfy a number of conditions, including the “Habitual Residence Condition”. You are “habitually resident” if you can prove that you reside in or have a close link to Ireland, Great Britain, the Channel Islands or the Isle of Man regardless of your nationality.

## Maternity-related health services



Your entitlement to maternity-related health services depends on whether you are “ordinarily” resident in Ireland.

You are considered to be “ordinarily resident” if you are living in Ireland and intend to continue to live here for at least one year. If you are “ordinarily resident”, you are entitled to free, public maternity care. It does not matter in what circumstances you live.

If you are here on a shorter stay and you do not intend to live here for at least one year, you are considered a “visitor”. In this case, your circumstances and nationality may determine your entitlement to free public maternity care:

- EU and Swiss Citizens:*** If you are an EU/EEA citizen or from Switzerland you are typically entitled to free maternity services on the grounds of EU rules, but will require a European Health Insurance Card or form E128.
- Asylum Seekers/Refugees:*** Asylum seekers and refugees are entitled to free public maternity services.
- Non-EU Citizens:*** As a visitor from a non-EU country you are not entitled to free public maternity care, unless you have an entitlement because you have previously lived and worked in an EU country. You can nevertheless avail of urgent medical treatment for pregnancy by a GP or specialist free of charge. However, you will be charged the full economic cost of all other non-urgent maternity care treatments during your stay.

# Entitlements



If you are not sure whether you are entitled to free, public maternity care, you should contact the:

**Medical Cards Section  
HSE Local Health Office  
Community Care Centre  
Western Road  
Clonmel, Co. Tipperary  
Tel. (052) 617 7247**

You can also ask for assistance in the:

**Citizens Information Centre  
Market Place (near Superquinn)  
Clonmel, Co. Tipperary  
Tel. (052) 612 2267  
e-Mail: [clonmel@citinfo.ie](mailto:clonmel@citinfo.ie)**

## Maternity-related payments



Your entitlement to assistance payments depends on whether you are “habitually” resident in Ireland (see page 5) and whether you have paid social insurance contributions.

If you are entitled to free public maternity care, you are not automatically entitled to receive maternity-related Social Welfare payments. There are different conditions attached to each payment and you have to satisfy all conditions to receive it. Maternity-related payments include:

### *Health and Safety Benefit*

This is a payment for working women who are pregnant or breastfeeding and who are exposed to certain risks in the workplace. Your employer must grant you “Health and Safety Leave” if a risk to your health while you are pregnant cannot be removed and if you cannot be assigned to other risk-free duties. To qualify for Health and Safety Benefit, you must meet certain criteria and social insurance (PRSI) contribution conditions. Your employer will pay the first 21 days of your health and safety leave, and the Department of Social and Family Affairs will pay the remainder.

### *Maternity Benefit*

Maternity Benefit is a payment for women who are on “Maternity Leave” from work. Maternity Benefit is paid for 26 weeks. At least 2 weeks must be taken before the end of the week in which your baby is due to be born. If your baby is born prematurely, Maternity Benefit is paid from the date of birth. If your baby is stillborn or if you have a miscarriage after the 24th week of pregnancy you are also entitled to Maternity Benefit if you meet all other conditions. You must have paid a certain number of social insurance (PRSI) payments in Ireland (at least 39 weeks in a relevant 12-month period)

# Entitlements

or in an EU country or in a country with which Ireland has a Bilateral Social Security Agreement to receive Maternity Benefit. The amount of Maternity Benefit you will receive depends on your earnings. You cannot work while in receipt of Maternity Benefit.

## *Maternity Cash Grant*

If you hold a medical card, you can apply to the HSE (Health Service Executive) for a small cash grant (currently: €10.16) within three months of the birth of your child. You must also fulfil the "Habitual Residence Condition".

## *Exceptional Needs Payment*

If your income is insufficient to meet the costs associated with your baby's birth you can apply for a once-off Exceptional Needs Payment from the Community Welfare Office (HSE). You do not have to fulfil the "Habitual Residence Condition" for this payment.

## *Supplementary Welfare Allowance*

If you have little or no income and don't qualify for any other payments, you may be entitled to Supplementary Welfare Allowance from the Community Welfare Office (HSE). You have to satisfy the "Habitual Residence Condition" for this payment and you will be means-tested (your income and expenditure will be assessed). If you are in full-time education, you are not normally entitled to this payment.

## *Child Benefit*

Child Benefit is paid to the parents or guardians of children under 16 years of age (or 18 years of age in some instances). If you are "habitually resident" in Ireland you are entitled to Child Benefit from the date of birth of your Child. Child Benefit is paid at higher rates for multiple births such as twins and triplets.

## *Early Childcare Supplement*

Early Childcare Supplement is a state payment to families in Ireland with children under the age of 5 years. The purpose of this payment is to financially assist families with the cost of raising children, for example, providing childcare. You receive it automatically if you are in receipt of Child Benefit.

## *One Parent Family Payment*

This payment is for mothers and fathers who parent alone. You have to satisfy the "Habitual Residence Condition" for this payment. It is means-tested. This means your income and expenditure are assessed. You cannot live with a partner and your child must live with you. You can receive Maternity Benefit at a reduced rate, if you are getting One Parent Family Payment.

# Entitlements



*If you want to find out more information about any of these payments and your entitlement to them, you should contact:*

**Citizens Information Centre  
Market Place (near Superquinn)  
Clonmel, Co. Tipperary  
Tel. (052) 612 2267  
e-Mail: [clonmel@citinfo.ie](mailto:clonmel@citinfo.ie)**

*If you have no or little income, you should contact:*

**HSE Community Welfare Office  
Community Care Centre  
Western Road  
Clonmel, Co. Tipperary  
Tel. (052) 617 7000  
Freephone 1800 603010**

# Step-by-Step

The following is a step-by-step guide for pregnant women, which offers information and direction on maternity-related health services in Ireland, on community supports and legal requirements. If you think you are pregnant you should generally follow these steps.



If it is difficult for you to communicate in English, bring someone with you to all of your medical and non-medical appointments, who has good English and can translate/interpret for you.

## 1] Confirm your pregnancy with your GP

If you think you are pregnant, you should make an appointment with your GP (family doctor) to confirm the pregnancy. The appointment should be at least one week after the date your period should have arrived. At the visit, your GP will ask you for a urine sample and test it for the presence of the pregnancy hormone HCG. Your doctor may also do a blood test. Your GP will give you information about the antenatal (before birth) and postnatal (after birth) care you can expect. If you wish to give birth in hospital, your GP will refer you for a hospital appointment at this point. He or she will also give you a "Combined Care Card" which will record your antenatal care. You should have your "Combined Care Card" with you for all of your GP or hospital appointments.



If you have never been to a GP in Ireland, you will find a list of GPs in Clonmel at the back of this booklet. Choose one and telephone his or her practice to register. For doctors outside of Clonmel refer to the Golden Pages or log onto [www.icgp.ie](http://www.icgp.ie).

## 2] Confirm whether you are entitled to free, public maternity care in Ireland

The scheme that entitles women who are ordinarily resident in Ireland to free, public maternity-related health services is called the "Maternity and Infant Care Scheme". You should apply for this Scheme at your first visit to the GP.

You are entitled to free antenatal and postnatal care under the "Maternity and Infant Care Scheme" if:

- ✓ You have lived/intend to live in Ireland for one year or more ("ordinarily resident")
- ✓ You are legally in the country
- ✓ You choose to deliver your baby in hospital as a public patient

# Step-by-Step

If you fulfil these three conditions, your GP will give you an application form at your first visit. Both you and your GP must complete the form and return it to the HSE.



The HSE ultimately decides whether you are “ordinarily resident” and whether you can therefore avail of free, public maternity care in Ireland. As part of the application, the HSE will ask you to provide evidence that your main residence is in Ireland which means you need to be able to show documents relating to your work, financial, residence or marital status.

The following might help you to determine whether you are entitled to free, public maternity care in Ireland:

### *If you are a dependant ...*

If you rely on another person for support (this is called “being a dependant”) the same rules about ordinary residence apply to you. In other words, you have to prove that you yourself are ordinarily resident in Ireland.

### *If you are a student ...*

If you are in Ireland to study you will be considered “ordinarily resident” if you are attending a registered course of study that is at least one academic year long. If this is so, your maternity care is free.

### *If you are a student from an EU country (or from Switzerland) ...*

... and your stay/course is shorter than one academic year, you are considered a “Visitor” and you require a form E128 or European Health Insurance Card from your country. It allows you to access Irish health and therefore maternity services while on a temporary stay in here.

### *If you are a student from a non-EU country ...*

... and your stay/course is shorter than one academic year and you cannot prove that you are ordinarily living in Ireland on other grounds, you are not entitled to free public maternity care, except if you are experiencing a case of hardship.

### *If you are not ordinarily resident, but have lived in an EU/EEA Member State or Switzerland previously...*

You may be entitled to free public maternity care (even if you have not lived or do not intend to live in Ireland for one year or more) if you have previously lived and worked in an EU/EEA member state or Switzerland.

# Step-by-Step

## *If you are working in Ireland short-term...*

If you are an EU Citizen who is sent by your employer to work in Ireland on a short-term basis (less than 12 months), you are entitled to receive necessary health services such as antenatal or postnatal care free of charge. You should have a European Health Insurance Card from your country.

## *If you are an asylum seeker or refugee...*

You are entitled to free public maternity care on the grounds of your medical card entitlement for the period during which your application for refugee status is considered. Once you get refugee status, then you are regarded as ordinarily resident and you are entitled to free public maternity care on this basis.



Free maternity care means that only pregnancy-related GP, midwife or hospital services are free. Conditions, illnesses or injuries that are not related to your pregnancy are excluded from the Scheme and the usual healthcare costs apply.



*If you are not sure whether you are entitled to free, public maternity care, you should contact the:*

**Medical Cards Section  
HSE Local Health Office  
Community Care Centre  
Western Road  
Clonmel, Co. Tipperary  
Tel. (052) 617 7247**

*You can also ask for assistance in the:*

**Citizens Information Centre  
Market Place (near Superquinn)  
Clonmel, Co. Tipperary  
Tel. (052) 612 2267  
e-Mail: [clonmel@citinfo.ie](mailto:clonmel@citinfo.ie)**

## **[3] Find out about birth options in Ireland**



Typically, maternity care in Ireland is a combination of GP visits and hospital appointments if you choose to have your baby in a hospital. But you can also deliver your baby at home. In this case, your GP should be your first contact person.

Your decision whether to deliver your baby at home or in hospital will be influenced by many factors including any risk factors during your pregnancy. You should ask your GP and/or a midwife for advice. You can also contact a support organisation, such as AIMS Ireland.

# Step-by-Step



AIMS (Association for Improvements in the Maternity Services) Ireland provides a free, confidential information and support service via e-mail or telephone. They have volunteers from various nationalities to assist with queries. They also have information in German, Russian and Polish on their website. For more details, **e-mail: support@aimsireland.com** or visit the website [www.aimsireland.com](http://www.aimsireland.com).



Most women who are having their first baby and who are not familiar with the Irish maternity services prefer to give birth in the local hospital.

## |4| Confirm your private health insurance cover



If you have had private health insurance (with Hibernian Aviva, VHI or Quinn Healthcare) in place before you became pregnant, you have the choice to avail of maternity care as a private or semi-private patient and to use the maternity benefits specified in your policy.

Generally speaking, private health insurance gives you the option to attend hospital services or mid-wifery care as a private rather than a public patient. As a private patient you cannot get the free maternity care under the “Maternity and Infant Care Scheme”. You will have to pay certain (or all) medical fees relating to your maternity care, but you can claim back part of them from your health insurer in accordance with your health insurance policy. If you are thinking about using your health insurance, check with your health insurer early on in pregnancy what maternity costs are covered by your policy. You usually have to be with an insurer for a period of time (typically 1 year) before you are entitled to claim maternity-related costs and benefits.

If you do not have private health insurance in place and you are eligible under the “Maternity and Infant Care Scheme”, you will automatically receive maternity care as a public patient, for free.



You can choose to attend as a public patient and avail of the free maternity care under the “Maternity and Infant Care Scheme” even if you have a private health insurance policy.

# Step-by-Step

## 15] Decide where you want to give birth

If you intend to deliver your baby in hospital, you have to choose a maternity hospital. A list of maternity hospitals in and around Clonmel is included at the back of this booklet. It is advisable that you choose a hospital close to where you live. If you have private health insurance, you will also have to choose whether you wish to attend hospital as a public or private patient (see Step 14).

If you decide to have a home birth, you should write to the HSE Community Care Centre to request the details of public midwives. The cost of public midwifery care will be covered under the “Maternity and Infant Care Scheme”, if you are eligible for it. You can also use the services of a private (independent) midwife, but you or your health insurance provider will have to pay for the cost.



Access to midwifery care for homebirths is restricted in Clonmel. If you wish to give birth at home, it may be necessary for you to look to neighbouring counties (Waterford, Cork, Kilkenny) to access public or private midwives. You are also advised to arrange for a midwife very early on in your pregnancy.

## 16] Learn about antenatal care in Ireland



If you have received antenatal care elsewhere you should have with you the medical notes and results of any tests previously carried out to avoid unnecessary duplication.

Provided you qualify for the free “Maternity and Infant Care Scheme” and you opt for a hospital birth, your antenatal care is typically shared by your GP and the maternity hospital you have chosen. This usually includes six antenatal GP visits and six antenatal visits at the hospital. All pregnancy-related GP visits are free of charge. Your first appointment at the maternity hospital is usually scheduled between the 12th and 20th week of your pregnancy. If you plan to deliver your baby in the South Tipperary General Hospital in Clonmel, your GP will send a letter to the hospital and you will be sent an appointment for about the 12th week of your pregnancy. In other hospitals, you may have to book the appointment yourself. Your GP can give you further information. Be prepared for a lengthy examination during which you will be asked to give information on your family and medical history.

# Step-by-Step

After your first visit you can expect to attend a hospital or GP appointment once a month up to the 28th week and twice monthly for the last 12 weeks of your pregnancy. At week 18-20 you will be offered a routine scan to check your estimated due date and to monitor whether your baby is developing normally. If you experience complications during your pregnancy you will be seen more frequently.

If you use your private health insurance, the options for antenatal care are similar to those under the "Maternity and Infant Care Scheme", but you have greater guarantees to be seen by a consultant of your choice throughout the term of your pregnancy.

Antenatal care for home births is provided by public or private midwives and is carried out in accordance with your needs.



If you feel something is wrong during your pregnancy, contact your GP or hospital immediately. Sharp pains and heavy bleeding can be signs of a miscarriage. If you think you may be having a miscarriage, keep the clot-like material/tissue passed from your vagina, so that the doctor can examine it. The doctor will also examine whether any tissue remains in your uterus and may prescribe drugs after a period of time, if it has not passed. Approximately 20 per cent of women have some vaginal bleeding during the first three months of pregnancy. Approximately half of these women have a miscarriage.

## |7| Book antenatal classes

Antenatal classes are available to all pregnant women and their partners. They are run by hospital midwives and public health nurses, are typically held by maternity hospitals and are free of charge. A fee is payable for private classes. Antenatal classes usually start at about the 28th or 30th week of pregnancy and will provide you with information about pregnancy, labour and delivery, and baby care. Depending on the topic, some classes are given by dieticians, physiotherapists or other professionals. You can also discuss any concerns you might have with other expectant parents. Classes are generally offered for expectant mothers alone, or for couples.

If you wish to attend private classes (for example classes organised by private medical centres), you will need to contact them directly to book your place. If you wish to attend the classes offered by your maternity hospital, you will be given all the information at your first appointment. You can either book your place on your way out of the clinic or phone back later to make an appointment.

# Step-by-Step



For antenatal classes in South Tipperary General Hospital, Clonmel, phone:

**Tel. (052) 617 7061.**

*Registration for the classes is usually arranged at your first hospital visit. Please note that you can only attend the antenatal classes in South Tipperary General Hospital if you plan to deliver your baby there. In Clonmel, antenatal classes take place on Wednesdays and Thursdays (evenings) and include five sessions.*

## 18| Check your entitlements as an employee



If you are working during your pregnancy, you are generally entitled to paid time off to attend maternity care appointments and antenatal classes. You are also entitled to a risk-free work place. If your work place poses a risk to your health/pregnancy, your employer must remove this, re-assign you or grant you Health and Safety Leave.

It is generally your choice when to inform your employer about your pregnancy. Note that you are entitled to attend all of your antenatal appointments (GP and hospital) and antenatal classes without loss of pay. You are entitled to take as much time as is necessary to attend the classes, including travel time. You must inform your employer in writing of the time and date of each appointment at least two weeks before the date of the appointment.

As stated above, you are entitled to take paid time off work to attend antenatal classes. The last three of the series of classes normally occur after Maternity Leave has started. The entitlement covers one set of classes over all your pregnancies in employment. Expectant fathers have a once-off right to paid time off work to attend the two antenatal classes immediately prior to the birth.

If your job carries health and safety risks for your pregnancy, your employer must remove them or reassign you away from those risks. If this is not possible, you should be given health and safety leave from work which may continue up to the beginning of Maternity Leave. During health and safety leave, employers must pay employees their normal wages for the first three weeks. After this, Health and Safety Benefit may be paid.

# Step-by-Step

## 19| Prepare for Maternity Leave (if you are working)



Maternity Leave from work is 26 weeks in Ireland (at least 2 weeks have to be taken before the expected birth of your baby). If you have sufficient social insurance (PRSI) contributions, you will receive a State payment during your Maternity Leave. Your employer can choose to top up the payment, but does not have to do so by law.

You are entitled to 26 weeks Maternity Leave. You have to take at least two weeks Maternity Leave before your baby's expected birth and at least four weeks after. While you are on Maternity Leave you may qualify for Maternity Benefit (see below). In addition, you are entitled to a further 16 weeks unpaid Maternity Leave. You must give your employer at least four weeks' written notice of your intention to take Maternity Leave and you must also provide your employer with a medical certificate confirming the pregnancy. If your baby is born more than four weeks before your due date, you have to give your employer written notice within 14 days of the birth.

### *Maternity Benefit*

You must apply for Maternity Benefit at least six weeks before you intend to take Maternity Leave. The amount of money paid to you each week will depend on your earnings. If you are already on certain social welfare payments then you will get half-rate Maternity Benefit. Maternity Benefit is paid directly to you on a weekly basis into your bank or building society account. Some employers will continue to pay an employee, in full, while she is on Maternity Leave and require her to have any Maternity Benefit paid to them.

To qualify for Maternity Benefit you must have paid PRSI for at least 39 weeks in the 12 months before you commence Maternity Leave or in relevant tax years. If you were previously insurably employed in a country covered by EU Regulations or in a country with which Ireland has a Bilateral Social Security Agreement and you have paid at least one full rate PRSI contribution in Ireland, you may combine your insurance record in that country with your Irish PRSI contributions to help you qualify for Maternity Benefit. In this case, you should send your application for Maternity Benefit 12 weeks before your baby is due.

From January 2009, the maximum weekly rate is €280. The minimum payment is €230.30. Rates may change.

# Step-by-Step



If you have a stillbirth or miscarriage after the 24th week of your pregnancy, you are entitled to full Maternity Leave (26 weeks plus 16 weeks of additional, unpaid Maternity Leave). You can also apply for Maternity Benefit.



*Information on Maternity Benefit and application forms can be obtained from:*

**Citizens Information Centre**  
Market Place (near Superquinn)  
Clonmel, Co. Tipperary  
Tel. (052) 612 2267  
e-Mail: [clonmel@citinfo.ie](mailto:clonmel@citinfo.ie)

*Application forms for Maternity Benefit should be sent to:*

**Maternity Benefit Section**  
Dept. of Social & Family Affairs  
Social Welfare Services Office  
St. Oliver Plunkett Road  
Letterkenny  
Co. Donegal  
Tel. 1890 690 690

## 10 | Preparing for Birth



If your waters break, or you start having contractions before 37 weeks of pregnancy, contact your midwife, doctor or hospital immediately (even if it's the middle of the night). You will almost certainly be asked to come into the hospital. Don't drive yourself. If you have nobody to give you a lift, explain the problem to the hospital and they will send an ambulance for you. In the case of an emergency go directly to the A&E (Accident & Emergencies) Department.

If you are preparing for a home birth, ask your midwife for the type of practical preparations you will need to make.

For hospital births, when nearing your delivery date, write down a list of important phone numbers, including your GP and maternity hospital. Plan out who will drive you to the hospital and which is the best route. Pack your hospital bag about a month before your due date. You should include clothing for yourself and your baby, toiletries, drinks and snacks, reading material and a car seat for the baby.



If you are not sure what to put in the hospital bag, you should ask for a list of items to pack at one of your antenatal appointments in the hospital.

# Step-by-Step

## [11] Having your baby

Contact the hospital at any time of the day or night:

- ✓ When you feel regular contractions every 10 minutes or more frequently
- ✓ If you think the sac of waters has broken
- ✓ If you have any bleeding or a show of bloodstained mucus

Please report directly to the Labour Ward and bring your chart and Combined Care Card. A midwife will assess you and admit you to the Antenatal Ward, if necessary. Usually, one person is welcome to stay with you throughout labour and delivery, but he or she may be asked by staff to leave temporarily.

Your options for pain relief will have been explained to you at the antenatal classes. Pain relief is only given at your request. Pain relief options typically include:

- Pethidine:* This is a drug similar to morphine. It is usually given as a single injection and will last for a couple of hours.
- Entonox:* Commonly known as 'laughing gas' this is a mixture of oxygen and a gas called nitrous oxide that you inhale through a mouthpiece or facemask. You decide when you use it; it works in 30-40 seconds but has no lasting effect.
- Epidural:* An epidural (a local anaesthetic injection) can be administered as soon as labour begins and offers very good or complete pain relief. With an epidural you will feel numbness from the waist down, but you may need an assisted delivery.

Your baby's heart may be monitored during labour. All procedures will be explained to you. When the baby is born it is dried, dressed and wrapped in blankets to avoid heat loss. If you have decided to breastfeed you will be encouraged to do so as soon as you are comfortable.

When you deliver your baby, you may require some form of assistance. This could include:

- Induced Labour:* In some cases, for example if your pregnancy has gone past an accurate due date (usually ten days to two weeks) labour may be induced artificially. There are various methods and these will be explained to you.
- Episiotomy:* An episiotomy is a surgical incision made in the perineum (the tissue around your vagina and between your vagina and anus) to enlarge the vaginal opening during the delivery of your baby and to prevent tearing of your perineal tissues.

# Step-by-Step

Episiotomies are more common among women having their first babies because the vaginal opening may not stretch sufficiently to accommodate delivery of the baby's head. However, episiotomies are not carried out routinely for first babies; each birth is evaluated individually.

## *Assisted Delivery:*

An assisted delivery is when either forceps or ventouse are used to help your baby be born. Both are instruments that are attached to the baby's head so that he/she can be pulled out. Your baby may need assistance for various reasons, including if he or she becomes distressed or if you are no longer able to push.

## *Breech Birth:*

If your baby is in a bottom-first, or breech position, a Caesarean Section is usually carried out.

## *Caesarean Section:*

Where a vaginal delivery is not possible, a Caesarean Section is carried out. With this procedure a doctor makes an incision in a woman's abdomen and uterus and removes her baby through it. If the reason is known in advance, you will have a planned Caesarean Section. If, however, unforeseen complications arise, and emergency Caesarean Section may be necessary. Full explanations will be given and the choice of anaesthetics explained.

After your baby is born you are transferred to a public or private ward for about three days. You have the right to opt for early discharge. Premature or ill babies may be transferred to the Special Care Baby Unit, or sometimes to another hospital.



If you have undergone female circumcision (also referred to as: Femal Genital Mutilation or FGM), you will have very specific needs before and during the delivery of your baby. You should inform your GP and/or the hospital as early as possible in pregnancy to ensure that they can provide the right care for you. If you would like to talk to someone in confidence outside of the immediate medical care you are receiving, contact Comhlamh in Dublin, Tel. (01) 4783490 or log onto their website at [www.comhlamh.org](http://www.comhlamh.org).

# Step-by-Step

## 12 | Register the birth of your baby

You will need to register the birth of your child no later than three months after his/her birth. Registration is a legal requirement in Ireland, but you will also need a birth certificate to enrol your child in school, to apply for a passport, to claim social welfare payments and for many other purposes. There is no fee charged for registering a birth, but fees (€6-20) are charged for Birth Certificates.

The birth certificate will contain the information on the child and the parents that is given at the time of registration, so it is important that the information given is accurate. It is difficult to change the details after the initial registration and you will have to pay a fee for any changes. The details required are:

- ✓ Surname (The surname registered must be the surname of the father or mother or both. If you want your child to have a surname other than the surname of the father or mother or both, then an application must be made to the Registrar General or a Superintendent Registrar in writing.
- ✓ Time, date and place of birth of the child
- ✓ Gender of the child
- ✓ Forename(s) and surname of the child
- ✓ Forename(s) and surname of the mother
- ✓ Birth surname of the mother
- ✓ All previously used surnames of the mother (if any)
- ✓ The mother's normal occupation
- ✓ The mother's normal address at the date of birth
- ✓ The mother's date of birth
- ✓ The mother's marital status (Marriage Certificate)
- ✓ The mother's Personal Public Service Number (PPSN)
- ✓ Birth surname of the mother's mother
- ✓ Similar information is entered for the father.

If you have given birth in hospital, the form that is necessary to register the birth of your child will be given to you on the Ward. It should be completed and returned to hospital staff before you are discharged. The form will be forwarded to the Civil Registration Office letting the Registrar know that a birth has occurred. The details will be processed within 4 to 7 days. The Department of Social & Family Affairs will also be notified of the birth, and your child will automatically receive a PPS Number (= social security number).

Once your baby's details have been processed, you or the father of your baby will have to attend a Civil Registration Office in person to sign the Register of Births. You will need photo identification (e.g. passports or driving licences) for this. If you or the father of your

# Step-by-Step

baby cannot attend, any of the following can attend in your stead:

- ✓ a designated member of the staff of the hospital (or other institution, organisation or enterprise) where the birth took place
- ✓ any person present at the birth
- ✓ any person present in the dwelling where the birth occurred

## *If you are married ...*

If you are married, you will need to bring your Marriage Certificate with you, especially if your husband is not present. Foreign marriage certificates are usually accepted for official purposes, but if the certificate is in a foreign language, you must provide an official translation or a translation from a recognised translation agency.

## *If you are not married ...*

If you are not married to the father, the father's name has to be on the Birth Certificate only if you want the law to recognise him. In this case, the options for registering your

## **[13] Apply for a passport for your baby, if you plan on travelling**

Since January 2005, babies born in Ireland are not automatically entitled to Irish citizenship. It will depend on your citizenship or the citizenship of the baby's father and on your/the father's history of residence whether your baby is entitled to Irish citizenship.

If you or the father are Irish or British citizens or if you have refugee status in Ireland, the baby is entitled to Irish citizenship. In all other cases, the parents must prove a genuine link to Ireland for their baby to receive Irish citizenship. This requires that you or the father or both must have been legally resident in Ireland for at least 3 out of the previous 4 years before the birth of your baby.

If you plan to travel out of Ireland with your baby, you must have a separate passport for the baby in his/her own name.

## *If your baby is entitled to Irish citizenship ...*

Before you can apply for an Irish Passport for your baby, you will need to apply to the Citizenship Section of the Department of Justice, Equality and Law Reform for a "Certificate of Nationality". Once you have this Certificate, you can apply to the Passport Office in Dublin or Cork for a passport for your baby.

# Step-by-Step

## *If your baby has another citizenship ...*

If your baby is not entitled to Irish citizenship, you will need to get a passport for him or her from the relevant country. In this case you should contact your country's embassy in Ireland as the formalities for obtaining a passport differ from country to country.



*Information on citizenship or passports and relevant application forms can be obtained from:*

**Citizens Information Centre  
Market Place (near Superquinn)  
Clonmel, Co. Tipperary  
Tel. (052) 612 2267  
e-Mail: [clonmel@citinfo.ie](mailto:clonmel@citinfo.ie)**

*The details for the Passport Offices are:*

**Passport Office Dublin  
Setanta Centre  
Molesworth Street  
Dublin 2  
Tel: (01) 6711633  
Locall: 1890 426888**

**Passport Office Cork  
1a South Mall, Cork  
Tel: (021) 4944700**

*Application Forms for the Certificate of Nationality should be sent to:*

**Department of Justice, Equality  
and Law Reform  
Irish Naturalisation and  
Immigration Service  
Dundrum Road  
Tipperary Town  
Tel: (062) 32500  
Locall: 1890 252 854**

## **[14] Know about the medical care to expect after birth**

At the hospital, a physiotherapist will inform you about postnatal (also called: pelvic floor or Kegel) exercises. You should practice them at home after discharge.

If you give birth to your baby in hospital, a Public Health Nurse will visit you and your baby at home within 48 hours. The hospital will have informed the Nurse about your discharge. The purpose of this visit is to give post-natal advice to you, the mother, and to perform a comprehensive health check on the baby. The nurse will take the baby's height and weight

# Step-by-Step

and may also conduct a Heel-prick Test (called PKU) on your baby to check for metabolic disorders. The Public Health Nurse will stay in contact with you through your baby's early development. She will offer appointments at the Local Health Centre throughout your child's pre-school years to conduct developmental checks free of charge at various stages. If you do not receive a call, contact your local health centre (i.e. the Community Care Centre, Tel. (052) 617 7000 in Clonmel).

Under the "Maternity and Infant Care Scheme" you are entitled to two free GP visits after you have given birth. The first of these two visits should be when the baby is six weeks old. During this visit, you should also get a smear test (this test detects cells that might develop into cancer as well as infections and other abnormal cervical cells).



In Ireland, healthcare for children is not free per se. If your income is low, check with the Citizens Information Centre if you and your child are perhaps entitled to a Medical Card or GP Visit Card. These cards allow the holder to receive certain health services free of charge. Another option to manage healthcare costs is to purchase health insurance for your family.

## [15] Get community support

The Clonmel Community Parent Support Programme is a Home Visiting Programme for parents with children 0 to 5 years. It is especially for parents having their first or second baby. A Community Mother will visit you to provide support and information. The visit is centred on your needs as a parent, the Community Mothers' knowledge and experience gives you the opportunity to discuss topics such as feeding, sleeping, teething, weaning and how to enjoy your child more. The service is confidential and free of charge.



*You can ask for a Community Mother at your antenatal clinic, through your public health nurse or the Clonmel Community Parent Support Programme directly. The office of the Clonmel Community Parent Support Programme is located in the*

**Clonmel Community Resource Centre**

**Kickham Street**

**Clonmel, Co. Tipperary**

**Tel. (052) 612 8199 or**

**e-mail [cloncomsupprog@oceanfree.net](mailto:cloncomsupprog@oceanfree.net)**

# Step-by-Step



If, at any time before or after the birth of your baby, you find it is not safe for you and/or your baby to stay at home, you should contact Cuan Saor – a Women's Refuge and Support Service for women and children who experience domestic violence. Their free 24-hour helpline is 1800 576 757.

## [16] Check that you are receiving Child Benefit

Child Benefit is paid to the parents or guardians of children under 16 years of age (or 18 years of age in some instances) who are habitually resident in Ireland (see page 5). If your baby is born in Ireland, you will automatically receive a Child Benefit application form for your child once you have registered the birth of your baby:

- ✓ If this is your first child a partially completed claim form (and a special FREEPOST envelope) is sent to you for your signature and payment details. The baby is also given a Personal Public Service (PPS) Number. Complete the form, sign it and return it to Child Benefit Section where your application will be processed. Note that you have to be habitually resident in Ireland to receive Child Benefit.
- ✓ If you are in receipt of Child Benefit for another child, your new baby is added to the Child Benefit claim and payment begins automatically from the month after the birth. A letter confirming payment will be sent to you by the Department. The baby is also given a Personal Public Service (PPS) Number.

If you have not registered your baby, you have to apply for Child Benefit within 12 months of your baby's birth.

If your baby was born outside of Ireland, but you usually reside here (for example: you may have gone back to your home country temporarily to give birth to your baby and then return to live in Ireland), you will have to apply for a PPS Number (= social security number) for your child from the Social Welfare Office. When you have received the PPS Number, you will have to complete a separate application form for Child Benefit.

If you had a multiple birth you will be entitled to a special grant at the time of birth and again when the children are 4 and 12 years old. Child Benefit is paid at one and a half times the monthly rate for twins, and at double the monthly rate for triplets and other multiple births.

If you have no spouse or partner, you may be entitled to receive the One-Parent-Family Payment (see the chapter: Maternity-Related Entitlements). Contact the Citizens Information Centre or Social Welfare Office for assistance.

# Step-by-Step

## [17] Make sure your baby has received the recommended vaccinations

Shortly after you return home from hospital you will receive a vaccination schedule through the post or from the Public Health Nurse at the first home visit. Vaccinations are not mandatory, but are encouraged and will be given free of charge. A schedule of the vaccinations your child should receive is included here:

## New Schedule, More Protection

Vaccination Schedule for Children born on or after 1st July 2008



Age	Where	Vaccination
At Birth	Hospital/Clinic	BCG (TB)
2 Months	GP	6 in 1 + PCV
4 Months	GP	6 in 1 + Men C
6 Months	GP	6 in 1 + Men C + PCV
12 Months	GP	MMR + PCV
13 Months	GP	Men C + Hib
4-5 Years	GP/School	4 in 1 + MMR
11-14 Years	School	Td

BCG = Bacille Calmette-Guérin  
 6 in 1 = Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenzae b, Hepatitis B  
 PCV = Pneumococcal Conjugate Vaccine  
 Men C = Meningococcal C  
 MMR = Measles, Mumps, Rubella  
 Hib = Haemophilus influenzae b  
 4 in 1 = Diphtheria, Pertussis, Polio, Tetanus  
 Td = Tetanus, Diphtheria




[www.immunisation.ie](http://www.immunisation.ie)

# Step-by-Step

The BCG vaccination at birth is usually given in the Maternity Unit (please ask a nurse for times). If the BCG vaccination is not given at the hospital, an appointment at the South Tipperary Community Care Centre, Western Road, Clonmel will be sent out to you. It is advisable that your baby gets this vaccination before he or she is six weeks old. All other vaccinations are given by your GP.

## **[18] Get support if you are breastfeeding**

Breastfeeding support is available at the Clonmel Community Resource Centre, Kickham Street, Clonmel. You will also receive information and support from your midwife, public health nurse or GP. The La Lèche League and Cuidiú, the Irish Childbirth Trust are two organisations in Ireland who also support mothers in breastfeeding.

## **[19] Find out about your childcare options**

You can choose from a range of different childcare options in Ireland. Your choice of childcare provider will depend, for example, on your child's age, on your budget and whether you need part-time or full-time care. Types of childcare in Ireland include:

- ✓ Childminders who usually care for children in the minder's home. Parents and childminders arrange their own terms and conditions.
- ✓ Nurseries and crèches often offer full day care for children from 3 months to 6 years.
- ✓ Pre- or playschools tend to be part-time services for children from 2 to 6 years and offer an opportunity for them to play and interact with other children of a similar age.
- ✓ Montessori Schools are similar to playschools, but focus more on individualised education, teaching social skills and maximising children's development.
- ✓ Naíonraí are playschools that operate through the Irish language.
- ✓ Parent & Toddler Groups are usually weekly opportunities where parents and children come together for supervised play.

# Step-by-Step

There are two types of childcare providers:

- ✓ Community-based childcare providers are run by a community on a not-for-profit basis. This means a committee of local residents/parents preside over the running of the facility.
- ✓ Private childcare providers operate their facility on a commercial basis, meaning it is a type of business.

The type of childcare provider you choose will depend on your budget and on the services that are available in your area.



Childcare is not free in Ireland. However, if your child is enrolled in a community-based service, his or her place can be subsidised by the State if you are in receipt of a Social Welfare Payment, the Family Income Supplement or a Medical Card/GP Visit Card, which will reduce the cost to you. Places in private facilities cannot be subsidised.



*The County Childcare Committee can provide you with a list of local childcare options (ask for the list of registered childminders and/or the list of HSE-registered Preschool Services and Crèches).*

## **South Tipperary County Childcare Committee**

**Unit 5, Ground Floor**

**Hughes Mill**

**Suir Island**

**Clonmel**

**Co. Tipperary**

**Tel. (052) 618 2274**

**e-Mail: [info@southtippchildcare.ie](mailto:info@southtippchildcare.ie)**

**Web: [www.southtippchildcare.ie](http://www.southtippchildcare.ie)**

If you are staying at home with your baby, you might find Mother & Baby or Parent & Toddler Groups an ideal opportunity to meet other parents with small babies. The Clonmel Community Parent Support Programme offers a number of groups that are facilitated by Community Mothers.

**Mother & Baby Group :** Each Monday 2.00 pm to 3.30 pm  
in Comeragh Court Community Centre,  
Comeragh Drive, Off King Street, Clonmel

# Step-by-Step

*Parent & Toddler Groups* Each Monday 10.00 am to 12.00 pm  
in Elm Park Community Centre, Clonmel  
Each Wednesday 10.00 am to 12.00 pm  
in St. Mary's Parish Hall, Irishtown, Clonmel  
Each Thursday 10.00 am to 12.00 pm  
in St. Mary's Parish Hall, Irishtown, Clonmel



*For more information on the parent and baby/toddler groups, contact:*

**Clonmel Community Parent Support Programme**  
**Clonmel Community Resource Centre**  
**Kickham Street**  
**Kickham Lodge**  
**Clonmel**  
**Co. Tipperary**

**Tel. (052) 612 8199**  
**e-Mail: [cloncompsupprog@oceanfree.net](mailto:cloncompsupprog@oceanfree.net)**

## |20| Prepare to return to work

You must give your employer at least 4 weeks' written notice of your intention to return to work. You are entitled to return to work to the same job with the same contract of employment. If it is not reasonably practicable for your employer to allow you to return to your job, then they must provide you with suitable alternative work. This new position should be on similar terms to those of your previous job. Otherwise, you are entitled to be treated as if you had been at work during your Maternity Leave. Your employment conditions cannot be worsened by the fact that you have taken Maternity Leave, and if pay or other conditions have improved while you have been on Maternity Leave then you are entitled to these benefits when you return to work.

If you are working and you need to take time off to attend medical appointments after your baby is born, you are entitled to paid time off up to 14 weeks following your baby's birth.

If you are breastfeeding you may be entitled to some time off or a reduction in hours without loss of pay for up to 26 weeks after the birth.

# Step-by-Step

You and the father of your child are entitled to 14 weeks unpaid parental leave before your child is 8 years of age. The 14 weeks per child may be taken in one continuous period or in 2 separate blocks of a minimum of 6 weeks. There must be a gap of at least 10 weeks between the 2 periods of parental leave per child. However, if your employer agrees you can separate your leave into periods of days or even hours.

## Checklist



### During the first three months of your pregnancy

- ✓ Has your pregnancy been confirmed by a GP?
- ✓ Have you applied for the "Maternity and Infant Care Scheme"?
- ✓ Have you decided where you want to give birth (in which hospital/at home)?

#### *If you wish to give birth in hospital ...*

- ✓ Have you received a "Combined Care Card" from your GP?
- ✓ Has your GP referred you for a hospital appointment?

#### *If you wish to give birth at home ...*

- ✓ Have you made arrangements for a midwife?

#### *If you have private health insurance ...*

- ✓ Have you checked what maternity costs are covered by your policy?
- ✓ Have you decided whether you want to use your insurance to attend maternity services as a private patient (if you are entitled to it, you can still avail of the free, public maternity care)?

### During the second three months of your pregnancy

#### *If you wish to give birth in hospital ...*

- ✓ Have you attended your first hospital appointment?
- ✓ Have you registered for antenatal classes?
- ✓ Have you had at least one GP or hospital appointment per month thereafter?

#### *If you are working ...*

- ✓ Have you informed your employer about your pregnancy so that you can avail of paid time off to attend GP and hospital appointments?
- ✓ Have you checked with your employer that your work does not carry any health and safety risks for your pregnancy?

# Step-by-Step

## During the last three months of your pregnancy

### *If you are working ...*

- ✓ Have you informed your employer about your intention to take Maternity Leave?
- ✓ Have you applied for Maternity Benefit?

### *If you wish to give birth in hospital ...*

- ✓ Have you attended the antenatal classes?
- ✓ Have you packed your hospital bag?
- ✓ Have you made practical arrangements for when you have to go to hospital?
- ✓ Have you got a car seat and some initial items for your baby?

## After your baby is born

- ✓ Have you registered the birth of your baby?
- ✓ Have you confirmed your baby's citizenship and applied for a passport?
- ✓ Have you received adequate information on how to care for your baby?
- ✓ Has your baby received the recommended vaccinations (at birth, at 2 months, at 4 months, at 6 months, etc.)?
- ✓ Have you been visited by a Public Health Nurse?
- ✓ Have you visited your GP for a postnatal check-up?
- ✓ Have you requested community support, if you need it?
- ✓ Have you requested breastfeeding support, if you need it?
- ✓ Are you receiving Child Benefit?

### *If you are planning to return to work ...*

- ✓ Have you arranged for childcare?
- ✓ Have you informed your employer of your intention to return to work?

# Resources

## GPs in Clonmel

### Mary Street Medical Centre

12 Mary Street, Clonmel  
Tel. (052) 612 5236 or (052) 612 1288

- ✓ Dr. Judith Cheasty
- ✓ Dr. Bernadine Rochford
- ✓ Dr. Gerard Sullivan
- ✓ Dr. R. Coleman Walsh
- ✓ Dr. Cathy Foley
- ✓ Dr. Jaco Oosthuysen

*Please note: you need to apply as a new patient and will be notified of the outcome within a few days.*

### Suirside Medical Centre

The Gables, Old Waterford Road, Clonmel  
Tel. (052) 612 2963 or (052) 612 3201

- ✓ Dr. Michael Carey
- ✓ Dr. Damien Sharpe

### Riverside Medical Centre

7 Upper Irishtown, Clonmel  
Tel. (052) 612 4756

- ✓ Dr. Patrick Lynch

### Gladstone Street Surgery

46 Gladstone Street, Clonmel  
Tel. (052) 612 2894

- ✓ Dr. Richard Quirke
- ✓ Dr. Mike Quirke
- ✓ Dr. Tara Dillon

### Western House Medical Centre

Western Road, Clonmel  
Tel. (052) 612 5312

- ✓ Dr. Kelly
- ✓ Dr. Martin Rouse
- ✓ Dr. Marie B. Rouse
- ✓ Dr. Brian Morrissey

*Please note: A Polish nurse is available at this Medical Centre.*

### Queen Street Medical Centre

54 Queen Street, Clonmel  
Tel. (052) 612 1348

- ✓ Dr. John Carey
- ✓ Dr. Rosaleen Carey

# Resources

## Maternity hospitals in and around Clonmel

### South Tipperary General Hospital (Clonmel)

Western Road  
Clonmel

Tel. (052) 617 7000 – Reception  
(052) 617 7061 – Outpatients Appointments  
(052) 617 7093 – Maternity Unit  
(052) 617 7097 – Special Care Baby Unit

*First hospital appointment:* Usually around 12th week of pregnancy, referral to maternity services through GP

*Foreign language supports available:* Publications (booklets and leaflets), information sheets that can be shown to women in labour, International Translation Phone Service, limited assistance of non-Irish (particularly Polish) doctors, voluntary assistance by members of the Polish community

### St. Luke's General Hospital (Kilkenny)

Freshford Road  
Kilkenny

Tel. (056) 7785000 - Reception  
(056) 7785296 – Maternity Unit  
(056) 7785288 – Labour Ward  
(056) 7785479 – Special Care Baby Unit  
(056) 7785252 - Postnatal

*First hospital appointment:* Usually between 14th and 18th week of pregnancy, referral to maternity services through GP, but you can also book an appointment through the hospital directly

*Foreign language supports available:* Publications (booklets and leaflets), International Translation Phone Service

# Resources

## Waterford Regional Hospital (Waterford City)

Dunmore Road  
Waterford

Tel. (051) 848000 – Reception  
(051) 842757 – Outpatients' Clinic

*First hospital appointment:* Usually around 20th week of pregnancy, referral to maternity services through GP, but you can also book an appointment through the hospital directly

*Foreign language supports available:* Publications (posters, booklets and leaflets), International Translation Phone Service

## Cork University Maternity Hospital (Cork City)

Wilton  
Cork

Tel. (021) 4920500 - Reception

*First hospital appointment:* Usually between 12th and 14th week of pregnancy, referral to maternity services through GP, but you can also book an appointment through the hospital directly

*Foreign language supports available:* Publications (booklets and leaflets), Access Translators (Interpreters) for a variety of languages, Non-Irish midwives

# Resources

## Useful Services in Clonmel

### **HSE Local Health Office**

South Tipperary Community Care Centre  
Western Road  
Clonmel, Co. Tipperary  
Tel. (052) 617 7000

*What they can do for you:*

- ✓ *Assess whether you are entitled to free, public maternity care or a medical card*
- ✓ *Assist you with vaccinations for your child*

### **HSE Community Welfare Office**

South Tipperary Community Care Centre  
Western Road  
Clonmel, Co. Tipperary  
Tel. (052) 617 7000

*What they can do for you:*

- ✓ *Assist you if you have no or little income and do not qualify for Social Welfare payments*

### **Civil Registration Office**

Community Care Centre  
Western Road  
Clonmel, Co. Tipperary  
Tel: (052) 6177204

*What they can do for you:*

- ✓ *Register the birth of your baby and provide you with Birth Certificates*

# Resources

## **Social Welfare Office, Clonmel**

Harbour House  
New Quay  
Clonmel, Co. Tipperary  
Tel. (052) 617 0220

*What they can do for you:*

- ✓ *Assist with and process applications for maternity-related payments*

## **Citizens Information Centre**

Market Place (near Superquinn)  
Clonmel, Co. Tipperary  
Tel. (052) 612 2267  
e-Mail: [clonmel@citinfo.ie](mailto:clonmel@citinfo.ie)

*What they can do for you:*

- ✓ *Find out what maternity-related services and payments you are entitled to*
- ✓ *Assist with application forms*
- ✓ *Point you to the right services*

## **Cuan Saor Women's Refuge**

3 Jervis Place  
Parnell Street  
Clonmel, Co. Tipperary  
Tel. (052) 612 7557  
Freephone: 1800 576757

*What they can do for you:*

- ✓ *Help you, if it is not safe for you or your baby to stay in your home*

# Resources

## **Clonmel Community Parent Support Programme**

Kickham Lodge  
Kickham Street  
Clonmel, Co. Tipperary  
Tel. (052) 612 8199  
e-Mail: cloncomsupprog@oceanfree.net

*What they can do for you:*

- ✓ *Send a Community Mother to your home to answer your questions about your baby*
- ✓ *Provide you with details on mother & baby and parent & toddler groups*

## **South Tipperary County Childcare Committee**

Unit 5, Ground Floor  
Hughes Mill  
Suir Island  
Clonmel, Co. Tipperary  
Tel. (052) 618 2274  
e-Mail: info@southtipchildcare.ie

*What they can do for you:*

- ✓ *Give you a list of registered childminders and give you information on childcare options in Ireland*

## **South Tipperary Lone Parent Initiative**

Room 1, Clonmel Community Resource Centre  
Kickham Street  
Clonmel, Co. Tipperary  
Tel. (052) 612 7429  
e-Mail: stlpi@eircom.net

*What they can do for you:*

- ✓ *Give you information and support if you are parenting alone*

# Resources

## Useful publications

### *Your Health Guide Ireland*

Available from: [www.hse.ie](http://www.hse.ie)

In: English, Arabic, Mandarin, Czech, French, Lithuanian, Latvian, Polish, Russian, Spanish

### *Reproductive Health Information for Migrant Women*

Available from: [www.treoir.ie](http://www.treoir.ie)

In: English, Arabic, Chinese, French, Polish, Romanian, Russian

### *Your Guide to Understanding GP, Hospital and Maternity Services in Ireland*

Available from: Cairde, Tel. (01) 8552111 or e-mail [info@cairde.ie](mailto:info@cairde.ie)

In: English

### *Legal Information for Unmarried Migrant Parents*

Available from: [www.treoir.ie](http://www.treoir.ie)

In: English, Arabic, Chinese, French, Polish, Romanian, Russian

### *Cuidiú-ICT's Consumer Guide to Maternity Services in Ireland*

Available at: [www.cuidiu-ict.ie](http://www.cuidiu-ict.ie)

In: English

### *A Little Lifetime (for parents and families whose baby has died)*

Available from: [www.isands.ie](http://www.isands.ie)

In: English, Polish, French

### *South Tipperary Family Support Directory*

Available from: South Tipperary Community Care Centre, Western Road, Clonmel

In: English

### *Are you Being Abused? Information Booklet for Women*

Available from: Cuan Saor Women's Refuge, Clonmel

In: English, Spanish, Russian & Rumanian

### *Choosing Childcare – A Parents' Guide*

Available from: South Tipperary County Childcare Committee

In: English (Polish will be available on [www.southtippchildcare.ie](http://www.southtippchildcare.ie) shortly)

# Resources

## Useful websites

[www.hse.ie](http://www.hse.ie) – *Health Service Executive*

Information on the health service in Ireland

[www.citizensinformation.ie](http://www.citizensinformation.ie) – *Citizens information Service*

Information on maternity-related services, rights and entitlements

[www.ifpa.ie](http://www.ifpa.ie) – *Irish Family Planning Association*

Sexual and reproductive health information, including information on crisis pregnancies

[www.aimsireland.com](http://www.aimsireland.com) – *Association for Improvements in the Maternity Services Ireland*

Information on birth options in Ireland in English, German, Russian and Polish

[www.cuidiu-ict.ie](http://www.cuidiu-ict.ie) – *Cuidiú, the Irish Childbirth Trust*

Information on parenting about issues from pregnancy right up to adolescence

[www.cairde.ie](http://www.cairde.ie) – *Cairde*

Information on ethnic minority access to health services and ethnic minority participation in health planning and delivery

[www.miscarriage.ie](http://www.miscarriage.ie) – *Miscarriage Association of Ireland*

Information for women and men who have been through miscarriages

[www.isands.ie](http://www.isands.ie) – *Irish Stillborn and Neonatal Death Society*

Information and support to bereaved parents and families

[www.immigrantcouncil.ie](http://www.immigrantcouncil.ie) – *Immigrant Council of Ireland (ICI)*

Information for migrants about Ireland's immigration system, laws and policies

[www.treoir.ie](http://www.treoir.ie) – *Treoir, the National Centre for Unmarried Parents*

Legal and general support information for unmarried parents

[www.onefamily.ie](http://www.onefamily.ie) – *One Family*

Information on crisis pregnancy and for men and women parenting alone

[www.la lecheleagueireland.com](http://www.la lecheleagueireland.com) – *La Lèche League*

Information in various languages and support to women who want to breastfeed their babies

[www.imba.ie](http://www.imba.ie) – *Irish Multiple Birth Association*

Support and information for parents of multiples (twins, triplets, etc.) from pregnancy to early childhood

[www.pnd.ie](http://www.pnd.ie) – *Postnatal Depression Ireland*

Information for women who suffer from postnatal depression and for their families



© Clonmel Community Partnership, March 2009

