

Clinica Family Health Guide for a Healthy Pregnancy Post Delivery





Day One-After childbirth

Your Baby

Your newborn baby may look wrinkly and red. Its head may be a bit out of shape from birth. The head will be large compared to its body and the top of it will have soft spots in front and back.

Your baby's breasts (both sexes) may be swollen for a few days. A baby boy may have a swollen scrotum (scroh-tum), and a baby girl may have a small amount of bloody vaginal discharge.

Your baby's eye color will be dark gray, but may change during the next few weeks. Your baby can focus on your face. It can respond to your voice and touch. It can grasp your finger, suck its fingers and nurse.

Your Body

You may feel tired and elated, want to cuddle your new baby, and also to eat, sleep and bathe.

Your episiotomy (e-pee-z-ee-aw-toh-mee) incision will be sore, and you may have trouble urinating because of swollen tissues. You will lose weight as fluid is lost through frequent urination. You may also sweat a lot to get rid of extra fluid.

You will have a vaginal discharge (lochia) of blood from the uterus that may be present for 1-5 weeks after birth. Your abdomen will stay large until your muscles tighten.

You will not have milk for several days, so Colostrum (coh/luh/strum) will nourish your baby.

Your Responsibility

- Hold, cuddle, touch and enjoy your baby
- Talk with your partner about the birth experience
- Repeat Kegel exercises after birth
- Get up and walk as soon you can
- Rest when you are tired
- Drink lots of liquids
- Eat when hungry
- To increase milk flow, breastfeed soon after delivery at least every 2 to 3 hours

Post Delivery Period (After Birth)

You spent about nine months getting used to being pregnant. Now you are a non-pregnant woman again- a MOTHER!

Being a mother is a big change in your life

There are a number of things you may worry about:

You may not have a “feeling of motherhood” right away. That feeling develops as you and your baby get to know each other.

You may also have mixed feelings about being a mother. These feelings may be positive or negative.

It can take from six weeks to six months for your body to return to normal, try not to over-burden yourself. Physical changes are part of adjusting.

Here are some TIPS that might help you:

Share your concerns with someone

Try to get together with some of the women from your classes after you have your babies. You are all going through the same stages together. Experienced mothers can also give good advice. Just knowing that you are not alone can be a big help.

Is there anything that worries you about motherhood?

Don't expect too much

You may feel that you are not sure how to take care of a newborn. Be prepared to be unprepared; all new parents experience this! So be patient with yourself- you will learn by doing.

For some new parents, it can take time to get to know your baby. For example:

- You may not know why your baby is crying
- Your baby may not smile at you at first

Your family and friends can tell you how their baby looked and acted in the first few weeks. Listen to their advice and then do what seems right to you. Also reading about being a parent helps. Your health care team can recommend several good books, so feel free to ask them for suggestions.

If people offer help - Accept it!

This is a special time for you, the father, and the baby to be together. You will be able to care for the baby, but it is nice to have extra help at home. Someone else can do the household chores, and accept the fact that some things will not get done.

Also be careful about your body:

- Avoid lifting objects heavier than the baby and climbing stairs the first few weeks!

Try to limit your visitors the first few weeks

Many people will want to see your new baby. This can tire you out quickly, so try to space the time between visitors. You do not have to be a super hostess, many times these visitors will want to help you- Let them!

Advice will come from EVERYONE

Listen to the well-meaning “advice givers” and then follow what seems sensible to you.

What are some parenting ideas that may fit into your lifestyle and your ideas about parenting?

Don’t ignore signs of being tired

Tune into the signs your body gives you about being tired. Many women are surprised by how tired they felt during the first few months. You cannot coax the baby’s schedule so you will have to adjust yours- try taking a nap or resting when the baby does.

If you do not feel well or if you have pain, call your doctor

It is normal to feel tired, but you should not feel *sick*.

IF YOU HAVE ANY OF THESE SYMPTOMS CALL CLINICA AT ONCE

- Very heavy or sudden increase in bleeding from your vagina (this would be more than a menstrual period. Soaking more than two sanitary napkins in a half-hour is heavy)
- A discharge from your vagina with a strong, unpleasant smell
- A temperature of 101 or higher
- Red and/or painful breasts
- Loss of appetite for a long period of time
- Pain, redness, tenderness and/or swelling of your legs
- Pain in lower stomach or your back

Weight loss after birth is something most women welcome

It is normal to lose 10 to 15 pounds right after birth. This will depend on how much of the weight is water.

You will also have about 7 pounds of fat stored in your body that gives you

an energy reserve for about the first three months. These extra pounds will gradually come off.

Don't rush to lose this weight by dieting, your body needs a well-balanced diet to help you keep up your energy level and good health. If you are breast feeding, it is especially important for you to eat right. Your diet provides the nutrients your baby needs.

Your body will burn up to 1,000 calories a day just making milk. You need an extra 500 calories a day and a lot of fluid to help your body make milk.

Ask your Provider when you should start your post-delivery exercise

Exercise is a must to get your body's tone and flexibility back, so exercise on a regular basis. Try to do your prenatal exercises; the ones to strengthen your stomach and to relax are especially good.

Birth control is *needed*

Breast feeding or not having your period will *not* protect you from getting pregnant. If you are breast feeding you should consult your provider before selecting a birth control method.

Ask your doctor about other choices at your post-delivery checkup.

“Baby Blues” is not a joke

It is normal to feel blue and a little let down after the excitement of pregnancy and delivery.

The “Baby Blues” usually lasts no longer than a week or two, and is primarily caused by your hormones that are in a state of flux after the birth of your baby.

Your changing role with your partner and the baby's constant needs all can add to the “Baby Blues”. You might even resent the ways the baby has changed your life, which could make you feel angry and guilty.

It is a *normal feeling* that all moms have. Talk to your PCP if feeling “blue” concerns you.

Two's company, three's a crowd

Now there is a new person in your lives. The baby will change the way both of you feel about yourselves and possibly how you relate to each other.

The transition from “couple” to “family” can cause some tensions. A man often feels that the baby gets all the attention, which may cause him to feel somewhat left out. Talking with each other can prevent some problems and solve others.

It is sometimes hard for other children to accept the new baby. They may think the baby is taking away all their all of their mother’s attention. Try to set aside some special time for the other children.

Finally, keep your sense of humor

There will be good days and bad days. Do whatever you can to enjoy your new baby.



Breast Feeding Your Baby

Good for Mother and Baby

Breast feeding is safe, simple and the natural way to feed your baby. Most breast fed babies have less upset stomachs, colic and diarrhea, and they have fewer allergic reactions. Mother’s milk is clean and the right temperature.

Colostrum is the yellowish, first “milk” in your breast. It comes in for two to three days before regular milk and protects your baby from many infections.

Care of Breasts

Wash your nipples with plain water once a day. *Do not wash them with soap or put rubbing alcohol on them.* That removes the natural protective oils

made by glands around the nipple. Don't worry if your nipples get sore, it won't last.

- Nurse your baby more often for shorter time periods.
- Change the position you nurse the baby in.
- Wear a good support bra for comfort and to keep your breasts from stretching.
- Take out any plastic lining from your bra so your nipples will get air.

Between feedings, put a clean cloth in your bra to absorb leaks. Leaking is only for a short time and it usually stops when your milk supply becomes established.

- Wear a bra to bed to reduce the leaking.
- Press your hand against your nipple to stop the “tingling”.

Put a warm cloth on your breasts if they become swollen and heavy. This will start the milk flowing. Gently release milk by hand or breast pump to reduce the fullness. Also, shorter and more frequent feedings will help reduce the fullness and is easier on your nipples.

How to Breast Feed

- Wash your hands with soap and water before nursing.
- Find a relaxed position for you and your baby.
- Lie down or sit in a chair that supports your arms.
- Keep your baby's head higher than its stomach.
- Nurse your baby when it is hungry.

Babies don't have a pattern for when to be fed at first. Sometimes they want to eat every 2-3 hours though this doesn't last long. They soon have a schedule and the feedings are spaced farther apart.

- Nurse your baby at one breast until it is empty
 - It takes about 10-15 minutes
- Then move the baby to the other breast
- Nurse as long as the baby is hungry
- Start each feeding with the side you *stopped* at the last feeding
 - This keeps both breasts making the same amount of milk
 - Some mothers move a safety pin back and forth on their bra to help them remember

Burp the baby when you switch from one breast to the other. To burp, put the baby's face on your shoulder and gently pat its back. Burp the baby again when it is done nursing. Don't worry if there is no burp after a couple gentle pats, in that case the baby doesn't have any air to burp.

Many breast fed babies don't need to be burped.

Helpful Hints

1. The baby is usually getting enough milk when it gains weight and there are six or more wet diapers a day. Its appetite may increase after the first few weeks and it will let you know if it wants to nurse more.

You will have more milk when your baby nurses more. If you don't think you have enough milk try the following:

- Nurse more often for a few days (try every two hours for a few days)
- Don't skip night feedings if the baby wakes up
- Drink plenty of liquids
- Relax as much as possible

It's better to nurse more often than to give formula from a bottle. A breast fed baby's sucking strength is weakened when bottle fed. Wait until the baby is nursing well before substituting bottles of breast milk or formula which takes about 4 weeks.

2. Most nursing babies don't need water except when it's hot.

Offer the baby cool, plain water during very hot weather. The water should be boiled and in a clean bottle before cooling.

3. The baby doesn't need other food until about four to 6 months of age

There are different ideas about when to start solid foods. Discuss this with your provider.

4. A yellowish liquid bowel movement is normal for a nursing baby

Many babies have a bowel movement after each feeding in the first weeks. This is normal, it is *not* diarrhea.

5. Sit down or lie down before you nurse when you feel anxious or worried

Take a couple of slow deep breaths and relax. Drink a cool glass of milk, juice or water, and remember, the first weeks of nursing can be a little hard.

You are adjusting to a new baby too. Don't let yourself get "down" because after the short learning time, nursing gets easier.

Take advantage of your baby's nap to rest and relax. Light exercise such as walking will help too.

The slight cramps you feel when you start nursing are normal. It is nature's way of helping your uterus return to normal size and position and will cease in 2-3 weeks.

6. You can nurse your baby without showing your breast

Wear a two piece outfit that lifts up or blouses which buttons in the front.

7. Any amount of breast feeding is good for the baby

You can nurse for as many months as is comfortable for both of you. Wean the baby from the breast slowly over several weeks.

8. There are ways to prevent your breasts from swelling

When they swell, they feel hard and tender. Ask your provider for instructions.

Medications

Some medications get in the breast milk that may upset the baby.

Check with your provider or clinic before taking medicines or laxatives. Do not take birth control pills while nursing as they can reduce the amount and quality of your milk. You **can** get pregnant while nursing, so use another form of birth control.

Food for Nursing Mother

What you eat makes a big difference in how you and your baby feel.

It is very important when you are nursing to eat plenty of the right types of food, which will help you have enough milk.

The nursing mother can eat anything that agrees with her, but the baby may

react to some foods. Don't eat a food that often upsets the baby.

Eat a variety of foods daily to help you produce enough milk. Here is a basic daily food plan:

- Protein-Foods: 3-4 servings (meat, fish, chicken, eggs, dried beans, peanut butter)
- Milk Products: 4-5 servings (milk, yogurt, hard cheese, cottage cheese)
- Fruits and Vegetables: 4-5 servings (orange, grapefruit or tomato juice; yellow and dark green vegetables)
- Breads and Cereals: 4-5 servings (bread, cereal, tortillas, rice, pasta)
- Liquids: 8-12 glasses

The nursing mother makes about one quart of milk each day, so you need to drink extra liquids in order to do this. Drink a glass of milk, water or juice just before nursing.

Baby Bill of Rights

Talk to Me

Sing, hum, babble, or even read the funnies to me! I don't know exactly what you're saying but I need to hear you. And I do know what you mean, even if I may not know words. I know when your voice tones mean, "I love you," and when you yell, I hear "you're a pest!"

Unless you communicate with me, how can I learn? I learn from you.

Hold Me

Everything is so big and new to me. I don't understand where I am or who I am. And I get scared. But when you hold me, I feel better. Your warmth warms me. Your breath and heartbeat make me feel like I belong. Belong here and belong to you.

Answer My Cry

I don't cry to get you upset or to get you mad. I cry because I can't tell you how I feel any other way. Maybe I'm cold...or wet...or hungry...or scared and lonely. Answer my cries. You'll soon know what each one means. You

won't spoil me. You'll help me to be a better baby...and to make you happier, too!

Love Me

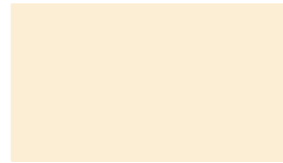
Love me just as I am. Don't expect me to do what I can't do. Like being toilet trained. My muscles aren't ready yet. I know I'm messy. But I'm growing up. Overlook my baby weaknesses. You're the most important person in my world. I can't make it without you. So get to know me. Have fun with me. And love me just as I am.



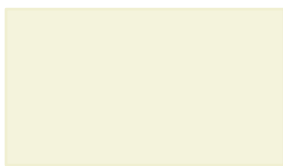
Things to Know about Breast Milk

What Color is Normal?

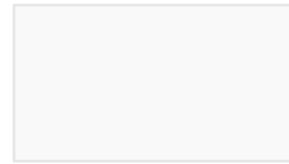
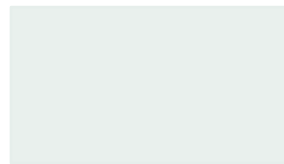
Breast Milk:



Common Colors of Colostrum 1-2 Days After Birth

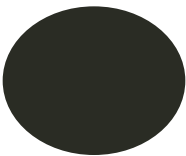


Transition Milk 2-3 days

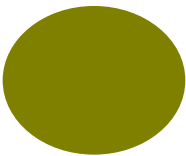


Mature Breast Milk 3- 4 days

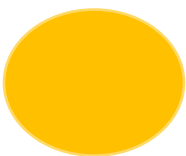
Infant Stool:



1-2 Days of Life
Meconium




2- 3 Days of Life
Transition Stool



3- 4 Days of Life
Mature Breast Milk Stool


How to Store Breast Milk

Plan to Use:

Within 4 hours  Room temperature
19- 22 °C/ 66-72 °F

Within 5-7 days  Refrigerate (Avoid fridge door)
→ Use within 5-7 days

More than 4 days  Freeze (Avoid freezer door)
→ Use within 6 months

 To use frozen milk: Thaw and store in fridge,
must use within 24 hours

Have Extra Breast Milk? You Can Donate It!

- La Leche League: 1-877-452-5324
- Mother's Milk Bank: 303- 869-1888
- Presbyterian St. Luke's : 303-869-1888



Pumping and Storing Breastmilk for Your Baby

Pumping Tips

- Make sure someone has shown you how to use your pump before you start to use it.
- Gently massage your breasts to start the breastmilk flowing. It might help to look at your baby's picture or think of your baby while pumping.
- Your breasts may have the most milk in the morning, so pump then if possible.
- You will make more breastmilk if you breastfeed or pump your breasts often.
- While you are away from your baby, pump every 2 to 3 hours for about 15 to 30 minutes.
- Be patient. You will figure out the best times to pump your breastmilk.



It is normal for breastmilk to look thin and watery. The color may change from day to day depending on what you eat.

This information is for healthy, full-term babies. If your baby was born early, talk to a WIC staff person or your doctor about breastfeeding.

Storing Breastmilk

- Put breastmilk in clean bottles or milk storage bags. Choose bottles made of glass or flexible, milky-colored plastic (polyethylene or polypropylene).
- Only put 2 to 3 ounces in each container. Small amounts freeze and thaw faster. As your baby gets older he will drink more, so you can put more breastmilk in each container.
 - Leave a little space in each container. The breastmilk will take up more space as it freezes.
 - Write the date you pump your milk on each container. Use the oldest breastmilk first.
 - After pumping, keep breastmilk in a cooler with ice, in the refrigerator, or in the freezer.
 - Stored breastmilk looks different than fresh milk. Shake it gently before feeding it to your baby.



Breastmilk

Here is how long you can keep your breastmilk *

	Room Temperature (70° F)	Refrigerator	Small Freezer (inside refrigerator)	Freezer
Fresh breastmilk	5 hours	5 days	2 weeks	3 to 4 months
Thawed (defrosted) breastmilk	Use within 1 hour after thawing	Use up to 24 hours after thawing	Do not refreeze thawed breastmilk	

*For healthy full-term babies

Tips for Warming Breastmilk

- Put frozen breastmilk in the refrigerator overnight so it can thaw by morning.
- To warm breastmilk put the bottle of breastmilk, or milk storage bag, in a bowl of warm water.
- Do not thaw or warm breastmilk in the microwave. This makes "hot spots" in the milk that can burn your baby's mouth.

Babies are born to breastfeed!



California WIC Program, California Department of Public Health
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1-800-852-5770



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Guidelines for recommended OB and Well Child Check visits:

<u>Appointment for:</u>	<u>Timeframe</u>	<u>Schedule an appointment</u>	<u>Appointment details</u>
Mom	12-27 weeks gestational age	*Every 4 weeks	OB check-up
Mom	28-35 weeks gestational age	*Every 2 weeks	OB check-up
Mom	36-40 weeks gestational age	*Every week	OB check-up
Baby *Mom should schedule an appointment for herself based on the hospital discharge instructions	3-5 days after delivery	3-5 days after delivery	Baby's first check-up Delivery follow-up (baby & mom*) *Schedule mom if there is a clinical reason to do so (based on hospital discharge instructions, mom has lactation concerns or desire to be seen)
Baby	2 weeks old	7-15 days old	Blood test Check-up
Mom	4-6 weeks after delivery	4-6 weeks after delivery	Post partum check-up
Baby	6-8 weeks after delivery (2 month WCC)	6-8 weeks after delivery	Physical & vaccines
Baby	4 months old	At 4 months of age	Physical & vaccines
Baby	6 months old	At 6 months of age	Physical & vaccines
Baby	9 months old	At 9 months of age	Check-up
Baby	1 year old	At 1 year of age	Physical, vaccines & lead test
Baby	15 months old	At 15 months of age	Check-up
Baby	18 months old	At 18 months of age	Check-up
Baby	2 years old	Around 2 nd birthday	Physical, vaccines & lead test
Baby	3 years old	Around 3 rd birthday	Physical & vaccines
Baby	4 years old	Around 4 th birthday	Physical & vaccines
Baby	5 years old	Around 5 th birthday	Physical & vaccines

*The frequency of appointments varies depending on the pregnancy. Unless otherwise notified, please be sure you are seen according to the timeframes listed above.