


Prepared Childbirth Class #4



The moment a child is born,
the mother is also born.
She never existed before.
The woman existed, but
the mother, never. A mother is
something absolutely new.

~ Rajneesh

The Last Few Weeks of Pregnancy

- Drink plenty of fluids- 8-12 cups/day



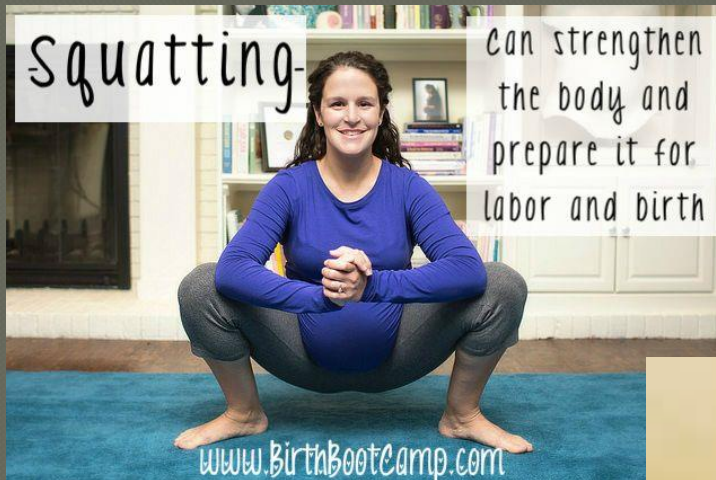
The Last Few Weeks of Pregnancy

- Switch to a high carb diet- bread, crackers, cereal, pasta, potatoes, rice & fresh fruits



The Last Few Weeks of Pregnancy

- Exercise daily – squatting, pelvic rocks & kegels most important



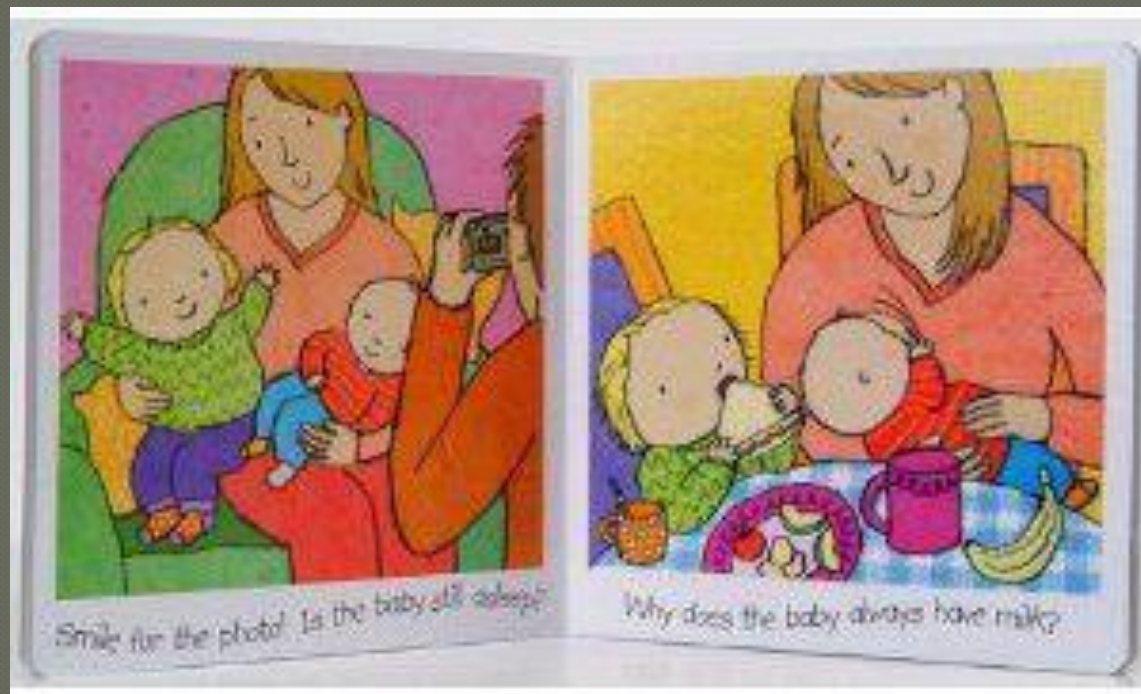
The Last Few Weeks of Pregnancy

- Begin perineal massage – warm compresses &/or oils & water-soluble jellies
- Keep track of fetal movements- 10 in 2 hours is normal – hiccups do not count



The Last Few Weeks of Pregnancy

- Prepare other children for the birth – classes, books, talk, etc.



The Last Few Weeks of Pregnancy

● Review the Birth Plan:

- Labor Options: activity, pain meds
- Birth Options: positions, pushing tech.
- After-birth Options: immediate newborn care, feeding, circumcision etc.
- The Unexpected: difficult labor, c/section, sick baby, sick mom

The Last Few Weeks of Pregnancy

- Finish preparing for life with a baby-nursery supplies, caregiver, plan meals ahead of time, sort through responsibilities.



Understanding Postpartum



Physical Changes

****Varies with the type of delivery & any medical condition****

● Involution & Afterpains

- The uterus will be at the level of the umbilicus after delivery.
- Returns to normal size in 6 weeks.
- Afterpains occur as the uterus contracts to shrink in size

● Lochia

- Occurs when the uterus sheds tissue & blood
- Not a period
- Lasts 3-6 weeks
- Heaviest first few hours after delivery then slows down
- Increases with activity and breastfeeding



TAKE NOTE:

Wear pads instead of tampons to reduce risk of infection
Color will change from red to brown to white

Physical Changes

● Soreness in the Pelvic Floor

- Normal to experience soreness in your perineum and pelvic floor
- May take several weeks to heal completely
- Avoid having sex until you are completely healed (about 6 weeks)



Physical Changes

● Ways to Ease Soreness

- Apply ice packs for 1st 24 hours
- In the shower run warm water over the area
- Take a warm bath
- Use witch hazel pads or numbing sprays
- Do Kegel exercises to increase circulation and build muscle tone

Postpartum Warning Signs



● Call Your Healthcare Provider:

- Fever 100.4 ° F or higher
- Foul-smelling vaginal discharge
- Increased uterine pain
- Heavy Bleeding
- Pain or burning with urination
- Lump, hard area, redness, or pain in your breasts
- Red, tender, or painful area on your leg
- Other concerns about your health

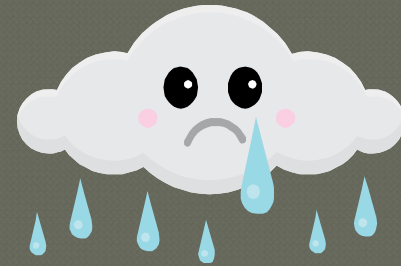
Emotions

- Having a baby is emotional!
- It's perfectly NORMAL to feel a mix of happiness and sadness
- Highs and Lows result from hormone changes and demands of caring for a newborn



Baby Blues

- Almost all new mothers experience changes in mood during the first week or so after the birth of a baby.
- Symptoms of Baby Blues:
 - Mood changes
 - Crying or sadness
 - Anxiety
 - Lack of concentration
 - Feeling overwhelmed



Ways to HELP Ease Baby Blues

- Accept/ Ask for help from others
- Rest- Take a nap when the baby naps
- Communicate with your partner any feelings you may be having
- Look your best so you'll feel your best
- Make time for YOU
- Get together with other new mothers to share your feelings- SUPPORT GROUPS



Call your Healthcare Provider if the Baby Blues
DO NOT go away after 3 weeks

Postpartum Depression

- More than 10% of new mothers experience postpartum depression
- Caused by chemical imbalance in the brain
- Highly treatable
- This lasts longer and is more severe than baby blues
- Doesn't go away without treatment
- Can happen quickly or develop slowly over the 1st year or so
- Higher risk if experienced depression in the past

Postpartum Depression

● Signs & Symptoms

- Excessive worry and anxiety
- Irritability
- Crying or sadness that does not go away
- Inability to sleep, even when exhausted
- Difficulty concentrating
- Loss of interest in activities
- Change in appetite
- Thoughts about harming yourself or your baby

Lifestyle Changes & Tips

- Time- Spend as much time as you can getting to know your baby- Take OFF from work as long as you can



- Simplify - Reduce the Busy parts of your life so you can concentrate on your baby

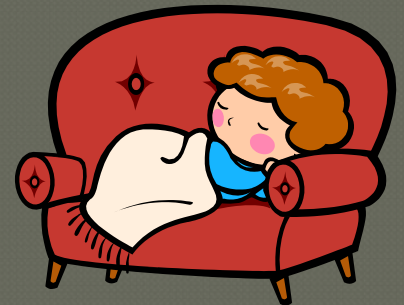
Ways to Simplify:

1. *Double recipes*
2. *Buy non-perishable foods*
3. *Choose easy-to-prepare foods*
4. *Limit outside obligations*
5. *Make a to-do list and designate jobs to people who want to help*

Lifestyle Changes & Tips

● Sleep Loss

- Most challenging part of new parenthood
- Leads to exhaustion and crankiness
- Tips for more sleep:
 1. Go to bed earlier
 2. Sleep when the baby sleeps
 3. Ask responsible visitors to watch the baby so you can nap
 4. Sleep in the same room as your baby for easier night feedings



Lifestyle Changes & Tips

● Intimacy

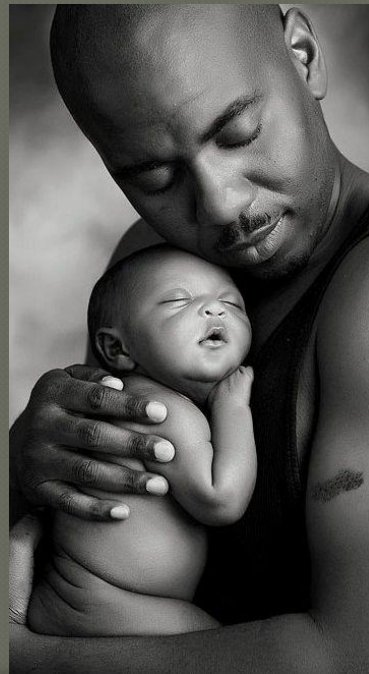
- Factors that influence readiness include:
 - Exhaustion
 - Physical discomfort
 - Hormones
 - Baby's needs
 - Emotional well-being
- Tips for staying connected
 - Talk about intimacy/family planning!
 - Talk about your body changes and how it makes you feel
 - Be prepared for sex to be different @ first



Lifestyle Changes & Tips

● Becoming a Father

- Father's who are involved with their children are happier, kinder, and lead more satisfying lives
- Most important WORK you can do!



Lifestyle Changes & Tips

Tips for new dads:

1. Take a class
2. Make time to be alone with your newborn
3. Find something special to do with your baby, such as bathing, rocking, singing, or infant massage
4. Be CONFIDENT in your natural ability to parent
5. Enjoy finding your own routines and ways of doing things
6. If you're feeling left out, TALK to your partner



Breastfeeding Basics

- Natural Way to Provide your baby with the food he/she needs
- Baby's First Feeding
 - Place skin to skin ASAP
 - Born ready to feed
 - Instincts and sense of smell lead them to the breast
 - First milk = colostrum



Infant Topics



Going Home

- You will need a rear-facing infant car seat to take your baby home
- Car owner's manual & infant seat manual needed for correct usage
- Install before Labor begins



Choosing Your Baby's Healthcare Provider

- Ask family members & friends for referrals
- Meet before delivery if possible
- Choose someone you feel comfortable with & who shares your parenting style
- Options include
 - Pediatrician
 - Family Practice Doctor
 - Nurse Practitioner



Cord Blood Sampling

- On-line education @ www.cordblood.com/educate
- Cord blood is a common source of stem cells used in pediatric hematopoietic transplant- preferred over bone marrow
- Your choice to store it or we simply dispose of it.

Final Thoughts



- Parents tend to have unrealistic expectations of themselves, their partners, & the new baby
- The intensity & range of feelings/emotions after having a baby can not be compared to any other life experience
- New parents are unprepared for the conflict between their need for sleep & their baby's need for care & attention
- It will take 2-3 months to establish a routine
- The love you have for each other is important!
- Communicate & ask for what you need.



Thank You for Coming!
Good Luck!

Birth
IS NOT ONLY ABOUT MAKING BABIES
IT'S ABOUT MAKING
Mothers
STRONG, COMPETENT, CAPABLE MOTHERS
WHO TRUST THEMSELVES
& believe
IN THEIR INNER
STRENGTH

- Barbara Katz Rothman

Please complete
the EVALUATION
in your folders
prior to leaving.