



Mother

Rest, fluid and good nutrition are essential. Listen and trust your body. Try to sleep when your baby sleeps. Accept practical advice, but keep visitors to a minimum in the first two weeks. Remember to best take care of your baby you need to take good care of yourself!

What is normal?

- ❖ A good latch is the best remedy for sore nipples
- ❖ Avoid tight fitting cloth or bra as it increases the chances of blocked ducts
- ❖ Your breasts may feel larger, tender and full as your milk comes in. Try warming your breasts before feed, cooling afterwards (ice) and cold green cabbage leaves (see handout) to help with discomfort.
- ❖ The heaviest bleeding is in the 1st 24 hours
- ❖ Small blood clots are normal
- ❖ The bleeding should smell like your period
- ❖ Keep the area clean and change your pad often. We suggest using an all cotton pad
- ❖ Your uterus should feel firm like a grapefruit in the lower part of your belly
- ❖ “**After pains**” (contractions) for a few days, especially if this is not your first baby. They may be very strong and painful. Peeing often, heat and/or pressure may ease the discomfort.
- ❖ Soak your bottom 1–2 times per day in “**Epson salts**” or “**herbal**” bath. Mild soap can also be used a few times per day.
- ❖ **Kegels** (pelvic floor exercises) can start as early as day 1 – see handout in the binder. One way to remember is to do 5 Kegels every time you feed your baby.
- ❖ Pee often, especially before nursing and sleeping
- ❖ Use the peri-bottle with warm water while peeing to decrease the stinging
- ❖ Pat with toilet paper from front to back
- ❖ It may take a couple days to have a bowel movement– be sure to drink lots of water and eat plenty of fiber (fruits, vegetables, whole grains)
- ❖ Normal temperature is under 38°C (100.4°F)
- ❖ As your milk comes in your temperature may be higher. You may feel sweaty or have chills.
- ❖ It is normal for this to be an emotional time. Life with a new baby is a time of great change and learning. There are also hormonal changes happening, your body recovering, and you are likely sleep deprived. We will ask you how you are adjusting and coping every time we see you.
- ❖ Try to sleep when your baby sleeps. Everything is more difficult when you are tired
- ❖ After a cesarean
 - Move around multiple times per day to help with gas.
 - Keep the incision clean, dry and allow it to get some airtime everyday. As it heals it may itch, feels numb or have occasional sharp pains.
 - Use a pillow to brace your abdomen if you need to cough or laugh

When to Page: To page your midwife call 1-877-533-0240

- ⊗ Red, hot, tender and painful area on breast
- ⊗ Soaking a maxi-pad front-to-back, side-to-side in ½ hour or less
- ⊗ Passing clots the size of your fist or bigger
- ⊗ Temperature above 38°C (100.4°F)
- ⊗ Hot, red, smelly, oozing pus or blood from cesarean incision
- ⊗ Worsening mood
- ⊗ Any thoughts of harming yourself or your baby