

Postpartum Reminders

MOTHER.....

1. Massage the fundus until it feels hard and very firm every 15 minutes until you are 4-6 hours postpartum.
2. You may pass a few blood clots. Report any abnormal bleeding to your Midwife; (soaking more than 2 sanitary napkins in one hour) Bleeding will be like a very heavy period at first then will taper off. There is no strict time table. If your bleeding becomes heavy or bright red after it has already begun to taper off you may be doing too much too soon.
3. Empty your bladder every hour for the first 4 hours or for 2 hours after your Midwife leaves. Nourish your body with good food and take in plenty of fluids every 2-4 hours. Try to drink something each time you nurse the baby. Go easy or cut out completely coffee, tea, (with caffeine) and colas.
4. Constipation will be less of a problem with homebirth. If it does occur, drink plenty of fluids, prune juice may help. Also Calcium/Magnesium.
5. Take your temperature if you feel feverish. Report if above 100 degrees to midwife.
6. For vaginal tears, or stitches, squirt warm water over area while urinating to ease pain and keep clean. (This is rarely a problem with homebirth)
7. **REST, EAT WELL, and ENJOY YOUR NEW BABY !** Stay in comfortable clothes for 1 week. Ask for help with housework, meals, laundry, or other children. **KEEP TAKING YOUR VITAMINS!**
8. Set **VISITING HOURS.**
9. Gather together Books, Videos, ect., to be returned, so others may learn from them also.

BABY...

1. Keep Baby closely supervised (as if you wouldn't) for 24-48 hours. Baby may seem mucousy and will cough and sneeze. This is not a cold. The baby is naturally expelling mucous, if your Baby seems to have good color, and be fairly aggressive at nursing. (Note: If baby seems to be choking you may suction.)
2. Baby should continue to breathe well, even though it is irregular. Babies may not nurse much until your milk comes in, some babies may want to nurse every 30 minuet. Also watch for yellowing of the skin, this should be reported.
3. Baby should urinate and pass meconium in the next 24 hours. Meconium is a black, sticky, tarry stool. The next transitional stool will be green-brown in color. The normal breastfed stool is yellow and runny – it may be only a watery stain.
4. Baby should have definite periods of being awake and active, and definite periods of being asleep. A baby that never wakes up good is not normal-this should be reported.
5. Apply alcohol and/or hydrogen peroxide to cord with a cotton ball every time diaper is changed. Try to keep diaper folded away from the cord, this can be difficult with a little baby and a big diaper. No tub bath until cord falls off.
6. Take your baby to the family doctor or pediatrician within 4 days for a complete newborn exam. Your Midwife will do the first “ Newborn Screen” (PKU) if desired. A wavier is also available.

*****Contact your midwife with a progress report
every day until your milk comes in*****

Be sure to file for a copy of the birth certificate within the first month or two--mistakes can easily be corrected if caught early.