

## Infancy Visit #1

- Postpartum Danger Signs
- Postpartum First 6 Weeks
  - Postpartum Depression
  - My Delivery Experience
  - What's New and Next
  - Baby Poop



## Topics for Next Visit

- Formula Feeding/Breastfeeding
  - Birth Control

## Postpartum Danger Signs



Call **911** if you have any of these warning signs:

Danger Sign	Possible Danger
Seizures	Preeclampsia (a serious blood pressure condition)
Shortness of breath	Heart condition or blood clot in lungs
Pain in your chest	Heart condition or blood clot in lungs
Thoughts of hurting yourself or your baby	Mental health concerns

Call your health care provider **IMMEDIATELY** if you have any of these warning signs.

Danger Sign	Possible Danger
A headache that won't go away	Preeclampsia (a serious blood pressure condition)
Vision problems (like seeing spots or blurry vision)	Preeclampsia
Dizziness or fainting	Preeclampsia or hemorrhage
Fever or chills	Infection
Hard, swollen, red, warm or painful area in a breast (especially with flu-like symptoms)	Mastitis
Burning or pain when you urinate or needing to urinate often	Bladder or kidney infection
Passing blood clots or vaginal bleeding more than a period	Hemorrhage
Cesarean (C-section) or perineal incision not healing	Infection
Swollen, warm, tender area in leg	Blood clot

My provider's name: \_\_\_\_\_

My provider's phone number: \_\_\_\_\_



You can say:

**"I had a baby on \_\_\_\_\_ and now I am experiencing \_\_\_\_\_."**

Note: This information is not intended to replace your medical provider's specific instructions.

# SAVE YOUR LIFE:

## Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. But any woman can have complications after giving birth. Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.



### Call 911

if you have:

- Pain in chest**
- Obstructed breathing or shortness of breath**
- Seizures**
- Thoughts of hurting yourself or someone else**

### Call your healthcare provider

if you have:

(If you can't reach your healthcare provider, call 911 or go to an emergency room)

- Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger**
- Incision that is not healing**
- Red or swollen leg, that is painful or warm to touch**
- Temperature of 100.4°F or higher**
- Headache that does not get better, even after taking medicine, or bad headache with vision changes**

Trust  
your instincts.  
ALWAYS get medical  
care if you are not  
feeling well or  
have questions or  
concerns.

### Tell 911 or your healthcare provider:

"I gave birth on \_\_\_\_\_ and  
(Date)  
I am having \_\_\_\_\_."  
(Specific warning signs)

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- Pain in chest, obstructed breathing or shortness of breath (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- Seizures may mean you have a condition called eclampsia
- Thoughts or feelings of wanting to hurt yourself or someone else may mean you have postpartum depression
- Bleeding (heavy), soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- Incision that is not healing, increased redness or any pus from episiotomy or C-section site may mean you have an infection
- Redness, swelling, warmth, or pain in the calf area of your leg may mean you have a blood clot
- Temperature of 100.4°F or higher, bad smelling vaginal blood or discharge may mean you have an infection
- Headache (very painful), vision changes, or pain in the upper right area of your belly may mean you have high blood pressure or post birth preeclampsia

### GET HELP

My Healthcare Provider/Clinic: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Hospital Closest To Me: \_\_\_\_\_

# Postpartum – The First 6 Weeks

The weeks following your baby's arrival are special and exciting. However, it can be very busy, and you may feel extra tired. It can be helpful to be prepared before you give birth!

ESSENTIAL ITEMS	WHAT TO EXPECT
<input type="checkbox"/> Pads	You will have vaginal bleeding and discharge after birth, which usually stops by 6 weeks postpartum.
<input type="checkbox"/> Water Bottle	It's important to stay hydrated and you may feel extra thirsty if you are breastfeeding.
<input type="checkbox"/> Healthy Snacks	Nutritious food you can eat with one hand may be helpful if you are holding a baby and you may find you have an increased appetite if you are breastfeeding.
<input type="checkbox"/> Comfortable clothes	It takes time for your uterus to shrink back to its pre-pregnancy size.
<input type="checkbox"/> Medicines	Your health care provider may prescribe some before you leave the hospital or recommend some you can get over the counter, such as a stool softener or pain medicine.
<input type="checkbox"/> Nipple Cream (if breastfeeding)	Your nipples may be sore from breastfeeding.
<input type="checkbox"/> Nursing Pads (if breastfeeding)	You may leak breastmilk.

## 4<sup>th</sup> Trimester

The first 12 weeks of your baby's life is considered the "4<sup>th</sup> Trimester". This is when babies are adjusting to life outside the womb and mothers begin recovery.



## Did you know?

In many cultures there is 30-40 days of complete rest for moms, where family members help cook and clean so mom can focus on feeding and caring for her baby.

**How will you ask loved ones for help during your 4<sup>th</sup> trimester?**

# Postpartum – The First 6 Weeks

At around 6 weeks postpartum, your health care provider will want you to come in for a checkup. Some providers may want to see you as soon as 3 weeks postpartum.



After your 6-week postpartum checkup, it is recommended to return to your health care provider in 1 year, or sooner if needed. Baby will continue to have regular checkups throughout the first 2 years of their life.

## Postpartum Checkup - Provider Checklist:

- How your body is recovering physically?
- The level of your appetite and hydration status
- When returning to exercise and resuming sex is appropriate for you
- Prescribing or inserting the birth control method you would like to use
- Breast care if you are breastfeeding
- How you are feeling emotionally?



# Postpartum Recovery

There are various postpartum body changes you may experience after your baby is born.

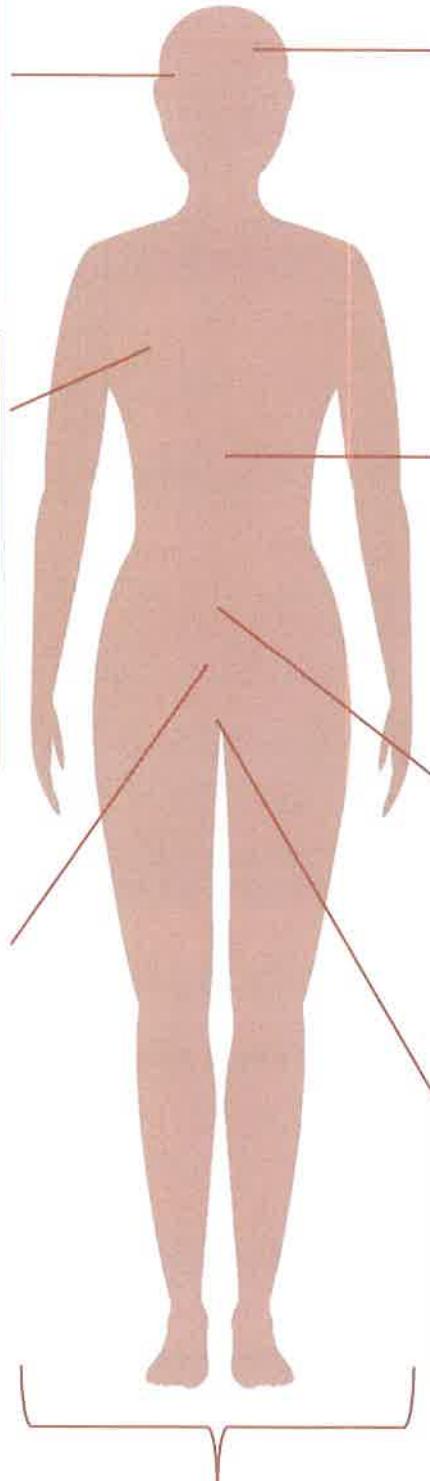
In the first several weeks, it is common to experience many different emotions such as happiness, sadness, irritability, and others. Talk to someone you trust about how you are feeling.

You may experience nipple soreness if you choose to breast or chest feed. Use nipple cream or gel pads for comfort. Use nursing pads to help with leaking.

If you choose to formula feed, wear a supportive bra, and avoid stimulation of the area.

Vaginal bleeding and discharge will occur for about 6 weeks postpartum. It will start out bright or dark red, change to brown or pink, then end as yellow or white.

You may feel extra tired as you heal from delivery and adjust to taking care of a newborn. Fit in rest whenever you can to support your physical and emotional recovery.



Hair loss is common during the first year postpartum due to decreasing estrogen levels. Limit styling, especially styling with heat, and ask your health care provider about continuing your prenatal vitamins.

Gas, bloating, and constipation can occur. Drink plenty of water, stop pain medications as soon as you can, and eat high-fiber foods like beans, vegetables, fruits, and whole grains.

Whether you had a vaginal birth or Cesarean section, you are likely to feel sore. Rest and follow hygiene instructions to allow tissues heal and be gentle with yourself as your body recovers!

You may leak urine. Most people notice it during coughing, sneezing, or laughing. Strengthening the muscles may help it improve. Talk to your health care provider about pelvic floor physical therapy.

It is normal to sweat more than usual, especially at night. This is one way your body releases extra fluids from pregnancy and delivery.

## Baby Blues

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**“I have a beautiful new baby and I feel \_\_\_\_\_.”**

After your baby is born, you may feel like you are on an emotional rollercoaster. One minute you are so happy with your new baby! The next you are tearful and don't know why. This is common and normal for new parents. It is called the “baby blues.”

Baby blues may be caused by hormone changes. Changes in your sleep patterns are also a factor. Baby blues can come because it is a lot of work caring for a new baby. There is a lot to learn. There are many decisions to make.

The baby blues usually go away after the first week or so. The best help is the love and support of family and friends.

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A week or so after your baby is born, you may feel:

- Tired
  - Moody
  - Tense
  - Tearful
  - Grouchy
  - Restless
  - Anxious
  - Angry
  - Confused
  - Sadness
  - Impatient
  - Upset
- 

Call your health care provider right away if:



- Your baby blues last more than 2 weeks.
- Your feelings are getting more intense.
- Your feelings make it hard to care for yourself or your baby. It is hard to get along with others.

# Postpartum Depression (PPD)

Postpartum Depression (PPD) is a medical issue that happens to some women after baby is born. It usually involves feelings of intense sadness, worry, and fatigue that may disrupt your ability to take care of the things you need to day-to-day and impact the care of your baby.



## When "depression" doesn't quite describe how you're feeling...

The term "postpartum depression" is used most often. However, there are several kinds of mood disorders women may experience, including:

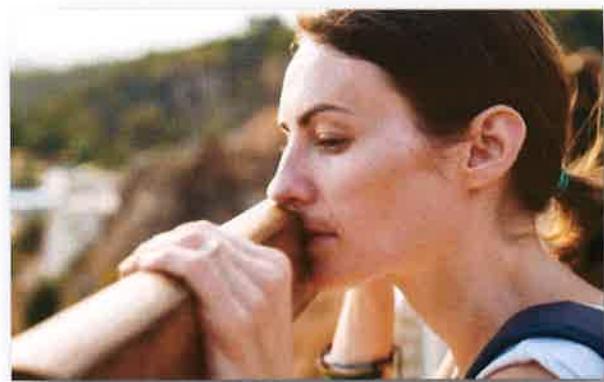
**Postpartum Anxiety**  
**Postpartum Obsessive-Compulsive Disorder**  
**Postpartum Post Traumatic Stress Disorder**  
**and others.**

Your nurse and health care provider can help connect you with the support you need to feel like yourself again!

SYMPTOMS OF POSTPARTUM DEPRESSION		
Emotional	Physical	Behavioral
<input type="checkbox"/> Feeling sad or crying a lot	<input type="checkbox"/> Not sleeping enough or sleeping too much	<input type="checkbox"/> Trouble bonding with your baby
<input type="checkbox"/> Feeling irritable or angry	<input type="checkbox"/> Changes in appetite	<input type="checkbox"/> Avoiding family or friends
<input type="checkbox"/> Feeling guilt, shame, or like a failure	<input type="checkbox"/> Difficulty focusing or concentrating	<input type="checkbox"/> Less interest in doing things you used to enjoy
<input type="checkbox"/> Feeling persistent doubt that you can care for your baby	<input type="checkbox"/> Body aches or pains	<input type="checkbox"/> Thoughts of hurting yourself or your baby

**Call your health care provider if you experience any of these symptoms.**

\*If you have thoughts about hurting yourself or your baby and can't immediately reach your health care provider, put your baby in a safe place and call 9-1-1.



**Postpartum Depression is never your fault and you are not alone!  
Seek help early. You can feel better with help and support.**

## Talking About My Feelings

You want to talk about your feelings. But it's hard to say what you feel. This list of feeling words may help you describe your feelings.

PHYSICAL FEELINGS	EMOTIONAL FEELINGS
<ul style="list-style-type: none"> <li>• Alive</li> <li>• Cold</li> <li>• Comfortable</li> <li>• Edgy</li> <li>• Excited</li> <li>• Exhausted</li> <li>• Hot</li> <li>• Hungry</li> <li>• Hurt</li> <li>• Ill</li> <li>• Jittery</li> <li>• Lifeless</li> <li>• Loose</li> <li>• Mellow</li> <li>• Nervous</li> <li>• Relaxed</li> <li>• Restless</li> </ul>	<ul style="list-style-type: none"> <li>• Run-down</li> <li>• Rushed</li> <li>• Shaky</li> <li>• Sleepy</li> <li>• Steady</li> <li>• Stiff</li> <li>• Strong</li> <li>• Tense</li> <li>• Tired</li> <li>• Uncomfortable</li> <li>• Unsteady</li> <li>• Weak</li> <li>• Weary</li> <li>• Well</li> <li>• Whipped</li> <li>• Worn-out</li> </ul>

# Talking About My Feelings

MIND EMOTIONS	HEART EMOTIONS
<ul style="list-style-type: none"> <li>• Absorbed</li> <li>• Alert</li> <li>• Amazed</li> <li>• Ambivalent</li> <li>• Appreciative</li> <li>• Complacent</li> <li>• Composed</li> <li>• Concerned</li> <li>• Confused</li> <li>• Curious</li> <li>• Engrossed</li> <li>• Fascinated</li> <li>• Hesitant</li> <li>• Inquisitive</li> </ul>	<ul style="list-style-type: none"> <li>• Interested</li> <li>• Intrigued</li> <li>• Involved</li> <li>• Optimistic</li> <li>• Perplexed</li> <li>• Puzzled</li> <li>• Reluctant</li> <li>• Skeptical</li> <li>• Stimulated</li> <li>• Suspicious</li> <li>• Unconcerned</li> <li>• Uninterested</li> <li>• Unnerved</li> </ul> <ul style="list-style-type: none"> <li>• Alive</li> <li>• Apathetic</li> <li>• Awakened</li> <li>• Bad</li> <li>• Blue</li> <li>• Bored</li> <li>• Committed</li> <li>• Complacent</li> <li>• Confident</li> <li>• Courageous</li> <li>• Dead</li> <li>• Defeated</li> <li>• Despair</li> <li>• Detached</li> <li>• Discouraged</li> <li>• Disheartened</li> <li>• Dissatisfied</li> <li>• Downhearted</li> <li>• Empty</li> <li>• Enlightened</li> <li>• Fearful</li> <li>• Free</li> <li>• Fulfilled</li> <li>• Full</li> <li>• Good</li> </ul> <ul style="list-style-type: none"> <li>• Guilty</li> <li>• Helpless</li> <li>• Hopeful</li> <li>• Hopeless</li> <li>• Indifferent</li> <li>• Insecure</li> <li>• Inspired</li> <li>• Joyful</li> <li>• Joyous</li> <li>• Jubilant</li> <li>• Lonely</li> <li>• Lost</li> <li>• Loving</li> <li>• Moved</li> <li>• Optimistic</li> <li>• Overwhelmed</li> <li>• Peaceful</li> <li>• Penitent</li> <li>• Pessimistic</li> <li>• Powerful</li> <li>• Powerless</li> <li>• Proud</li> <li>• Renewed</li> <li>• Repentant</li> <li>• Satisfied</li> </ul>

HOW TO

# Ask For Help

STEP 1

Understand and accept that you are worthy and that asking for help is a sign of strength



STEP 2

Believe that you will not always feel this way



STEP 3

Gently set aside feelings of shame, embarrassment, or feeling out of control. Focus on moving forward through the fear and finding resilience



STEP 4

Find a safe person. Someone who listens, loves, and does not judge. Connection heals



STEP 5

Find a reliable, trusted professional who can guide you to essential resources



STEP 6

If you feel you have not been heard, ask someone else. Do not stop until you find the support you need to feel better

A cactus symbolizes endurance, strength, and the ability to thrive under harsh conditions.

THE POSTPARTUM STRESS CENTER



# How to “Dry Up” a Milk Supply

There are many reasons why a mother may not breastfeed, including choice, health concerns, or infant loss. Regardless, a woman's body will begin to produce more milk approximately 48-72 hours after birth. There are several ways to reduce the discomfort of engorgement and assist with reduction or “drying up” the milk supply.

Many of our grandmothers were told to buy an elastic bandage and simply “bind the breasts”, deal with the pain and in a few days, it would be gone. Some of these women were also given the “dry up shot”. We now know that binding of the breasts can lead to a breast infection (mastitis) and the injection of bromocriptine can cause other serious health problems.

## The current recommendations include:

- **Avoid** nipple stimulation
- **Wear** a comfortable (but not tight) bra
- **Apply ice** to breasts. A bag of frozen vegetables (peas or lima beans) will mold well to the breasts and ease discomfort.
- **Apply raw cabbage leaves** to breasts. Take a few leaves from the head of cabbage, squeeze slightly in hand to “get the juices flowing” and apply directly to breast. After 45 minutes or when the leaves wilt, apply fresh leaves.
- **Use ibuprofen** for pain as recommended by your health care provider.
- **Discuss with your health care provider** the use of antihistamines or decongestant. For example, 60-120mg of pseudoephedrine every 4-6 hours as needed may help reduce milk supply.
- **Consider drinking** 1-4 cups of sage tea per day.
- **Peppermint oil** has been anecdotally (word of mouth) shown to reduce milk production. Specifically, peppermint Altoids. Either suck or swallow them.
- **If breasts** are severely engorged and the above techniques are not helpful, consider hand expressing a few drops to relieve the pressure in the breast. The milk can be given to the baby.
- **If abrupt weaning** is a medical necessity for the health and safety of the mother, discuss with your doctor the possibility of taking cabergoline.



Lactation  
Education  
Resources

[LactationTraining.com](http://LactationTraining.com)

If you have a fever over 101°F (38.3°C), pain and/or redness in a specific area of the breast, feel like you are coming down with the flu, it could be a sign of breast or other infection. It may be temporarily necessary to remove a majority of the milk from the breasts by hand expression or pumping to help the infection clear, along with the use of antibiotics. Contact your primary care provider.

The information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your healthcare provider for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.

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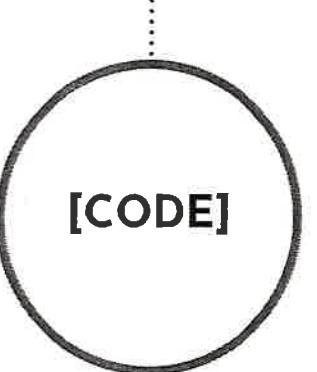


# ENROLLMENT 101



## Download Pacify

Get the Pacify app at no cost from the app store.



## Introduce Pacify

Pacify provides on-demand, video-enabled access to Lactation Consultants, 24/7! You can also connect with your local LA WIC clinic, right through the app (audio only).

## Create an account

Select 'Don't have an account' on the log-in screen. Enter an email & password to create an account - it's that simple!

## Make a Welcome Call

Pacify Lactation Consultants can't wait to connect with you. To give them a call, just tap the blue button on the home screen!

# Pacify PACIFY 101



## How Pacify works

Pacify is a mobile app that provides on-demand, video-enabled support from Lactation Consultants (IBCLCs), 24/7 - all at the touch of a button! It also connects participants to their local LA WIC clinic, right through the app!

- No appointment required**
- Available 24/7, even on nights, weekends & holidays**
- All services available in English & Spanish**
- ~30 second average answer time**

## Support made simple



### Download & sign-up

Participants can get the Pacify app at no cost and sign-up with their unique code



### Make a call

On the home screen, push the blue lactation button to start a call. It's as simple as that!



### Rate your experience

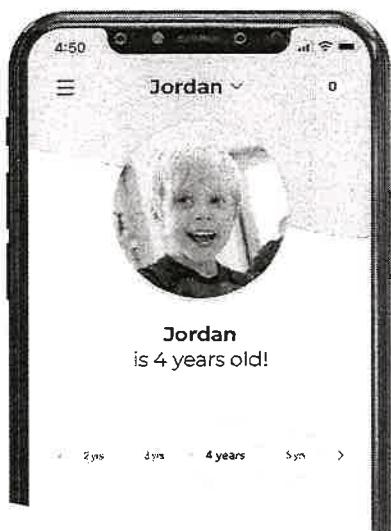
Participant feedback helps us do better!



# Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

**Download CDC's free Milestone Tracker app  
to find fun and easy activities for each age.**

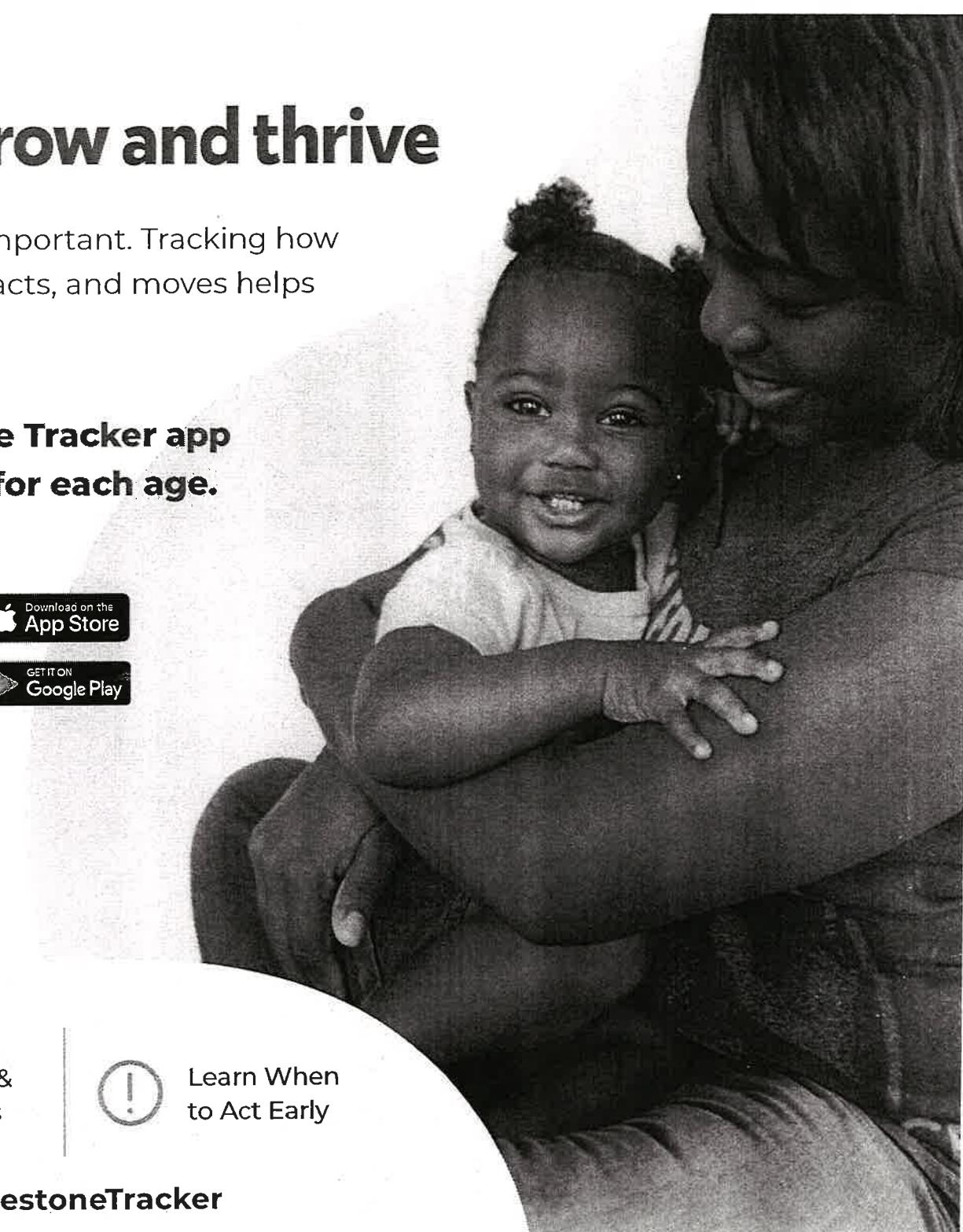


Track & Share  
Milestones

Get Tips &  
Activities

Learn When  
to Act Early

Learn more at [cdc.gov/MilestoneTracker](http://cdc.gov/MilestoneTracker)



# My Delivery Experience

Write your delivery date and baby's name at the top of the column. Take this time to remember your labor and delivery experience. It may be fun to share with your child someday!

	Delivery Date:	Baby's Name:
 What was happening when labor started:		
How you felt about it: 		
What the trip to the hospital was like: 		
! What is something that was surprising or unexpected? 		
 What did you learn about yourself?		
What factors helped you get through it? 		

# Baby Poop: What's Normal and What's Not?

## Normal Baby Poop

When you start to change your newborn baby's diapers, you might have questions about the contents inside. You will see a full range of "normal" baby poop types that lets you know that your baby is healthy and growing well. Other terms for poop include bowel movements, stools, and feces.



How often a baby poops can vary greatly. Babies that drink formula tend to have bowel movements every day or almost every day. Babies drinking breast milk have frequent bowel movements the first 4-6 weeks then can go up to a week between bowel movements.

# Baby Poop: What's Normal and What's Not?

## Baby Poop Warning Signs

Call your child's health care provider if you notice any of the following in your baby's stools. A healthcare provider can guide you on next steps for what to do.



### Watery/Runny

Green, brown, yellow

Runny/watery diarrhea.  
May cause diaper rash  
& lead to dehydration.  
Can be caused by  
allergies or infections

#### When should I call a healthcare provider?

If you see 3 or more  
watery/runny stools  
in a day.



### Hard, Pebble-Like

Dark brown

Decrease in number  
of poops per day or  
straining for several  
minutes without pooping.  
Often happens when  
starting solid food.

#### When should I call a healthcare provider?

If baby seems  
constipated. Provider  
can offer ideas of what  
to give baby to help.



### Red or Black

Bright red, black

Can indicate milk  
protein allergies,  
bacterial infection, or  
blood in stool. Red  
color can be caused  
from eating red foods.

#### When should I call a healthcare provider?

If you see blood in  
baby's poop.



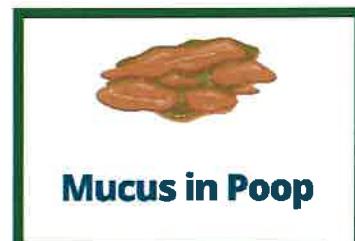
### White

White, chalky, gray

Can mean food is not  
being digested well  
or problems with  
baby's liver.

#### When should I call a healthcare provider?

If you see white,  
chalky or gray stools.



### Mucus in Poop

Slimy, shiny strings

Sometimes caused if  
baby is drooling a lot.  
Can indicate infections  
or food allergies.

#### When should I call a healthcare provider?

If there is a lot of  
mucus in baby's poop.  
If mucus is paired with  
fever, diarrhea, or pain.

# Happy Birth Day!

Name:



Birthdate:

Weight:

Length:

What I thought when I first saw my baby:



What I noticed that was sweet, fun, unique or cute:

Describe your connection to baby since birth:



### SELF-CARE CHECKLIST

Baby keeps me busy, but my own care is important too!

- Ask others for help
- Rest when baby sleeps
- Eat healthy foods and stay hydrated
- Simplify other things like cooking and cleaning to prioritize bonding with baby
- Brush teeth, shower
- Limit visitors so focus is on recovery and caring for baby
- What else?

## GETTING TO KNOW BABY



*I show you I am hungry by:*

*When my eyes are open, my family:*

*When my family talks or sings to me I:*

*My fussiest time of day is:*

*Sometimes I cry when:*



*I show you I want to connect by:*

*My favorite way to cuddle is:*



*My favorite way to calm down is:*



*I like to suck on:*

Crying is how baby tells you what he/she needs! If you ever feel frustrated or angry about baby's crying, put him/her in a safe place like a crib and ask someone for help.



### Safe Sleep

- ✓ Baby is in their own bed (crib, bassinet, portable play yard) alone
- ✓ Baby is always on his/her back
- ✓ Sleeping surface is firm and flat
- ✓ No blankets, toys, or pillows are in baby's sleep space

# Dad's Days – Week 1

I'm so proud! This is what I am telling people:



## What if I drop the baby?

Lots of dads are nervous at first. How does it get better? Just like everything else... practice, practice, practice!

Here are some things to try:

- Cuddle and rock baby
- Talk to baby
- Walk baby
- Show things to baby



## Here are some things I have done with baby this week:

- |  |   |
|--|---|
| <input type="checkbox"/> Cuddled baby          | <input type="checkbox"/> Fed baby               |
| <input type="checkbox"/> Rocked baby           | <input type="checkbox"/> Dressed baby           |
| <input type="checkbox"/> Walked baby           | <input type="checkbox"/> Bathed baby            |
| <input type="checkbox"/> Changed baby's diaper | <input type="checkbox"/> Showed baby to friends |
| <input type="checkbox"/> Played with baby      | <input type="checkbox"/> Other stuff . . .      |

What I thought about labor and delivery:

What I thought when I first saw my baby:

What I want to say to baby's mom:

## Baby's First...

Date: Tell me more:

Smile		
Laugh		
Bath		
Sleeps all night		
Rolls over		
Sits with support		
Sits without support		
Crawls		
Waves bye-bye		
Eats solid foods		
Eats finger food		
Drinks from a cup		
Stands with support		
Stands alone		
Cruises along furniture		
Takes a step		
Says a word		
Has a haircut		
Takes a stroller ride		
Visits the park		
Goes swimming		
Plays in the snow		



# Baby's First...

What else?

Date: Tell me more: