

Thrive Postpartum

Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Thrive Postpartum**. This learning module contains 15 posters and takes approximately 15-20 minutes to complete.

Before you get started, print the **Passport to Maternal Health: Thrive Postpartum** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit to reinforce your learning.



Passport to Maternal Health: Thrive Postpartum



Name: _____

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Birth and Transition

List any health assessments and considerations that you want to discuss with your healthcare provider.

Baby: _____

Mother: _____

Exhibit 2: Breastfeeding Your Baby

The American Academy of Pediatrics recommends breastfeeding exclusively for the first ____ months. Think through ways that you can integrate breastfeeding into your life during the postpartum period to achieve this recommendation. If unable to breastfeed for the recommended period or to breastfeed at all, note how you plan to nourish your baby.

Exhibit 3: First Year Medical Visits for Baby

Make sure you have your pediatrician visits scheduled with your healthcare provider so that you can ensure your baby is tracking well. Date you will call healthcare provider's office to schedule baby's first year medical visits _____.

Exhibit 4: Emotional Changes and Postpartum Depression

Take note of your mental health to determine if you are experiencing maternal or paternal postpartum depression. Devise a plan to ensure you are doing OK emotionally and what steps to take if you need assistance.

Exhibit 5: Postpartum Family Planning

List contraception options that you will consider before resuming sexual activity.

Exhibit 6: Healthy Lifestyle Postpartum

List areas of healthy lifestyle practices that you will focus on postpartum.

Exhibit 7: Physical Activity Postpartum

Exercises that heal perineal tissue and pelvic muscles after childbirth are called _____. List the exercise activities you plan to start after your body begins to heal and you regain your strength.

Exhibit 8: Managing Stress with a Newborn

List the areas you will need to focus on to help you manage stress with your new baby.

Exhibit 9: Sleep for You and Your Baby

List some tips that will help your baby sleep well during the night so that you can sleep well.

Exhibit 10: Postpartum Nutrition and Supplement Guidelines

List ways you can healthfully consume the calories you need to support your body as it heals and nurture your baby while you breastfeed.

Exhibit 11: Foods to Avoid While Breastfeeding

Which foods on this list do you typically consume that you will be aware of avoiding if your baby shows food sensitivity to what you are eating.

Exhibit 12: Healthy Hydration While Breastfeeding

If you are breastfeeding, list ways you will hydrate healthfully to ensure you are consuming enough water and other healthy liquids and time your caffeine and alcoholic beverages.

Exhibit 13: Childcare Decisions

List the childcare options that you might consider and their pros and cons for your family.

Exhibit 14: Transitioning Back to Work

Think through your return-to-work plan. What is your ideal return to work date: _____. List ways to make your transition back to work easier for you and your family:

Exhibit 15: Breastfeeding After Returning to Work

Think about your goals for continuing to breastfeed when you return to work and list things you will need to do to ensure your success.

BIRTH AND TRANSITION



The postpartum period begins immediately after delivery.

Assessments and Treatments for Baby:

- An APGAR Score assessment: Appearance, Pulse, Grimace, Activity, Respiration
- Vitamin K, an eye treatment, a hepatitis B vaccination
- Screenings for hearing and inherited conditions

Postpartum Healthcare Considerations for Mother:

- Expect cramping during breastfeeding
- Bleeding and discharge are normal for 4-6 weeks
- Breasts become full and firm
- Drink plenty of water
- Cleanse stitches every time you urinate
- Expect a normal bowel movement 3-4 days after delivery
- C-Section delivery typically requires a 2 to 4-day hospital stay
- Expect profuse sweating for several weeks

BREASTFEEDING YOUR BABY



The American Academy of Pediatrics recommends that healthy term infants breastfeed exclusively for the first 6 months.

Breastfeeding Tips:

- Allow baby to breastfeed on demand.
- Establish a nursing station and stock area with water and healthy snacks.
- Use a breast pump when necessary.
- If your baby is fussy or gassy you may be eating foods that impact your baby.
- A lactation consultant is helpful to establish nursing and when problems arise.
- Stop drinking alcohol when trying to conceive.

Alternatives to Breastfeeding:

Your pediatrician can recommend a healthy formula or breast milk bank in your area..



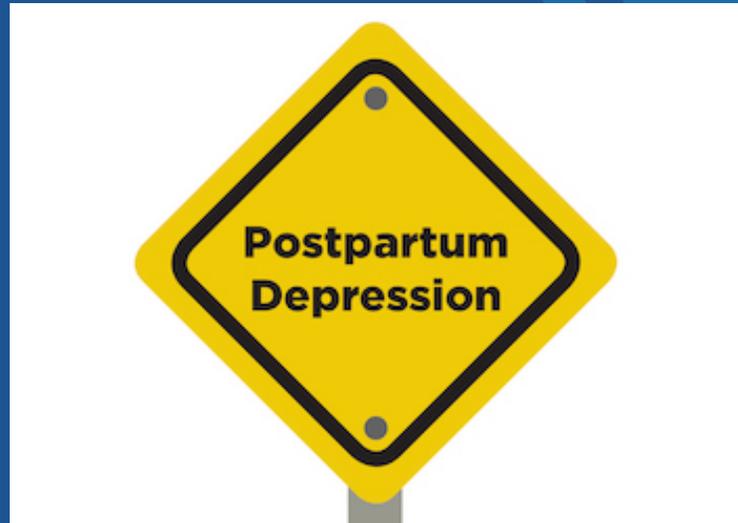
FIRST YEAR MEDICAL VISITS FOR BABY

During medical visits with your pediatrician, your baby will be evaluated for growth, vaccines will be administered, and you will discuss key information about diet, accident prevention, and developmental milestones.

Suggested Schedule of 1st Year Medical Visits:

- **3 to 5 days after birth**
- **1 month**
- **2 months**
- **4 months**
- **6 months**
- **9 months**
- **1 year**

EMOTIONAL CHANGES AND POSTPARTUM DEPRESSION



Emotional changes impact both new mothers and new fathers.
Beware of your feelings and notice signs of depression.

Emotional Changes and Tips after Childbirth for New Mothers:

- Many new mothers feel anxious, depressed, or upset
- These feelings are known as postpartum blues and often resolve within 10 days
- One in 7 women will have postpartum depression
- Get at least 5 hours of sleep and ask friends and family for help
- Seek mental health assistance

Emotional Changes and Tips for New Fathers:

- One in 10 men show signs of depression 3-6 months after the baby's birth
- Get at least 5 hours of sleep and ask friends and family for help
- Seek mental health assistance



POSTPARTUM FAMILY PLANNING

Contraception should be discussed before you resume sexual activity. Talk through options with your partner and healthcare provider before birth.

Contraception Options Include:

- Long-acting Reversible Contraception
- Short-acting Hormonal Contraception
- Barrier Methods
- Sterilization
- Sperm Preservation prior to Vasectomy

HEALTHY LIFESTYLE POSTPARTUM



Common-sense tips include: get as much sleep as possible and take naps; eat a balanced diet; drink plenty of water; ask others for help and manage your energy.

Discontinue Altogether

- Tobacco
- Marijuana
- Recreational Drugs

Use Cautiously

- Alcohol: moderate and wait 2-3 hours to breastfeed after consumption
- Caffeine: moderate and enjoy directly after breastfeeding
- OTC Medications
- Prescriptions
- Supplements

Continue Healthy Habits

- Physical Activity
- Healthy Eating
- Healthy Hydration
- Sleep
- Stress Management

PHYSICAL ACTIVITY POSTPARTUM



Setting reasonable goals, dedication, and patience are key to getting your body back in shape.

General Guidelines for Exercise After Delivery

- Start with walking comfortably, gradually increase the pace.
- Don't overdo it.
- Add additional activities moderately.
- Focus on core exercises to re-strengthen the abdomen and lower back..

Kegel exercises help heal perineal tissues and pelvic muscles after childbirth

- Squeeze the muscles that you use to stop the flow of urine.
- Hold for 3 seconds. Then relax for 3 seconds.
- Do 10 contractions three times a day.
- Increase your hold by 1 second each week. Work your way up to 10-second holds..



MANAGING STRESS WITH A NEWBORN

Tips to Help Manage Stress with a Newborn:

- Get as much sleep as you can
- Eat nutritious food and drink plenty of water
- Practice paced breathing to relax
- Exercise moderately
- Find 15 minutes of Time-for-Me each day
- Have realistic expectations and reset priorities
- Get help from others!

Nurture Relationships

- Spend a few minutes a day with each family member
- Join a Parenting Group to gain ideas and support
- Ask and accept help from others

It takes a village to raise a child!





SLEEP FOR YOU AND YOUR BABY

Tips for Healthy Sleep for New Parents

- Rest when your baby rests, take naps.
- Go to bed early anticipating that your sleep will be disrupted.
- Outsource household tasks to family members and service providers.

Tips for a Good Night's Sleep for Baby

- Place the baby on their back on a firm sleep surface.
- Avoid using soft bedding.
- Share a bedroom with newborns for the first 6 months.
- Keep the lights low or off during night feedings.
- Change the diaper first, then feed the baby quietly.
- After feeding, return baby to their crib to resume sleep.

Fatigue is to be expected with a newborn. It's part of the deal!





POSTPARTUM NUTRITION & SUPPLEMENTS

Supplements

Continue to take prenatal vitamins postpartum and while breastfeeding. Aim to obtain 1000 mg of calcium daily through calcium rich foods or supplements.

A woman's nutrition during postpartum affects her recovery, her baby's health, and returning to her pre-pregnancy weight.

Simple Rules to Eat By

- If breastfeeding consume an additional 450-500 calories/day per breastfed baby
- Consume whole foods
- Minimize packaged and processed foods
- Limit foods with added sugar and salt
- Avoid sugar-sweetened beverages and fruit juice
- Avoid skipping meals
- Consume high quality of protein and aim for 2-3 servings per day (avoid fish that are high in mercury)
- Aim for 3-5 servings of fruits and vegetables daily and buy organic from the Dirty Dozen
- Eat whole grains, legumes, and beans
- Consume foods that are high in calcium: milk, yogurt, cheese, leafy greens
- Aim for 25-30 grams of fiber daily
- Breastfed babies can be sensitive to certain foods
- Cook at home — supplement with healthy food delivery and meal kit services

FOODS TO AVOID WHILE BREASTFEEDING



The foods and beverages you consume go directly to your breast milk. Breastfed babies who are food sensitive may have intense crying bouts that last several hours or blood in their stools.

Possible Foods to Avoid:

- Spices: chili pepper, curry, garlic, and cinnamon
- Chocolate
- Citrus fruits and juice: orange, grapefruit, lemon, pineapple, and lime
- Gassy vegetables: peppers, broccoli, cauliflower, garlic, onion, and cabbage
- Fruits with a laxative effect such as prunes and cherries
- Peppermint, sage, and parsley may decrease breast milk in high doses

If you think your baby is sensitive to something you've eaten, avoid that food for a few days. Contact your healthcare provider for guidance.

HEALTHY HYDRATION



Breast milk is over 90% water so it makes sense that while you are breastfeeding you need to drink more water.

Tips to Hydrate Well While Breastfeeding

- Drink ten to twelve 8-ounce glasses of filtered water per day
- Drink an 8-ounce glass of water every time you feed your infant
- Keep a water bottle in your diaper bag
- Flavor your water with mint, cucumber, watermelon, or citrus
- Avoid fruit juices, sodas, sports beverages, and energy drinks
- Limit artificial sweeteners and diet drinks
- Enjoy your coffee or tea soon after breastfeeding
- Wait 2-3 hours to breastfeed after 1 alcoholic drink

*Eat your calories.
Don't drink them.*



CHILDCARE DECISIONS

Choosing “if” or “when” to return to work is a personal and financial decision. It is key to find childcare that is right for your situation.

Common Childcare Options

- Childcare at the Worksite
- Daycare Centers
- Childcare in a Home, Family Daycare
- Professional Childcare in Your Home or Shared with Another Family
- Family Caregiver

Access resources to help you find and evaluate childcare options. Check references.





TRANSITIONING BACK TO WORK

Many parents wish to extend their paternal leave. All options must be worked out with your employer.

Ways to Extend Family Leave:

- Unpaid leave
- Accrued vacation days
- Disability benefits as appropriate
- Start back as “part-time” and transition to “full-time”

Tips for When you Return to Work:

- Work when your energy level is highest
- Design a schedule where you work from home part of the week
- Pack healthy meals and snacks
- Drink plenty of water
- A 20-minute nap may be a life saver
- Meditation can help reduce stress



BREASTFEEDING AFTER RETURNING TO WORK

Learning to pump and store breast milk before returning to work sustains your milk supply and allows you to continue to enjoy breastfeeding your baby.

- Check the breastfeeding policy, facilities, and milk storage at your workplace
- Get a breast pump
 - Check with your health plan
 - Check with your employer
- Get a hands-free pumping bra
- Your body can adjust to eliminate feedings during work hours
 - You can continue to breastfeed during the hours when you are with your baby

Thrive Postpartum

Close

We hope you enjoyed the Virtual Self-guided Wellness Exhibit **Thrive Postpartum**. The Exhibit shared a wide range of medical, healthy lifestyle, nutrition, and back-to-work practices. These practices will help you to make more informed decisions and lifestyle changes that will help you on your journey as you adjust to life with your newborn. You are now ready for the **Thrive Postpartum Challenge** to put these practices into daily living.