

Baby Care

Mother and Baby Care



Breast Feeding

Always start by offering the breasts first.

8-12 feeds/day (approx every 2-3 hours), both breasts.

10-30 min/breast (20-60 min total time).

Your baby's hunger cues include smacking the lips or sucking the hands.

If possible, try to feed when you see these hunger cues, rather than waiting for your baby to cry.

Your baby is full if he/she falls asleep at the breast or comes off on his/her own, seems satisfied, then cues again in 2-3 hours.

If your baby seems to be unsatisfied after breast feeding, you may need to supplement with a small amount of either expressed breast milk or formula.

If you need to supplement, you should start pumping with an electric pump (5-10 min/side after breast feeding) for additional breast stimulation.

You may see orange crystals in the diaper and these are common in the first 3 days. See your doctor if they persist more than 3 days.

Vitamin D supplement is necessary for all breast fed babies (follow instructions on product).

Formula Feeding

8-12 feeds/day (approx every 2-3 hours)

30-90 mL/feed

Gradually increase the volume as your baby grows.

Urine Output

Expect a minimum of a wet diaper for every day of life (ie. >3 on day 3, >4 on day 4, etc).

6-8 wet diapers/day after day 6.

Stools

Expect the first stool within 24 hours, then at least one/day in early infancy (often more).

The color and consistency can vary widely.

See your doctor if there is blood in the stool.

Sleep Position

Babies should always sleep in their own bassinet/crib, on a firm mattress, on the back, and without toys, pillows, or blankets.

Jaundice

Jaundice is a yellow coloration to the skin.

Most babies develop some jaundice between days 2 - 4.

See your doctor if your baby is yellow, sleepy, not feeding well, not achieving the normal number of wet diapers, or if advised to do so by the public health nurse.

Umbilical Cord Care

Keep the area open and dry to assist in normal healing.

Office Visits

Babies are seen 3-7 days after birth, then at 3 and 6 weeks after birth.

Additional visits may be scheduled, if required.

Mom's Care



Breast Feeding

You may feel a gentle tugging sensation during feeding, but you should not experience pinching, rubbing, or pain at the nipple.

Poor position or latch is the most common cause of nipple pain and can easily be corrected.

Rest between feeds and drink plenty of water.

Pain Relief

Advil (ibuprofen) 200 mg, take 1-2 tabs every 6 hours, if required.

Tylenol (acetaminophen) 500 mg, take 1-2 tabs every 6 hours, if required.

Constipation

Stool softener - Colace (docusate sodium) 100 mg, start with 2 at bedtime, if required.

Fiber supplement – Metamucil or Prodiem (follow instructions on product).

Flow

Heavy menstrual-like flow for the first week.

See your doctor if you are soaking a pad every 2 hours or having persistent clots.

Flow should gradually decrease over 6 weeks.



Mood

Even though this may be the happiest time of your life, many women feel inexplicably sad or anxious in the first 7-10 days.

See your doctor if you are concerned about prolonged mood changes or your ability to cope.

A brand
new baby
to *fill* our lives and hearts with **Joy**

Sutures

Should dissolve within about 6 weeks.

Pain should decrease every day.

See your doctor if you have increasing pain, redness, or discharge from the wound.

Staples are removed 4-7 days after caesarean sections.

Office Visits

Mothers are seen 6 weeks after birth.

Additional visits may be scheduled, if required.