

## Important Warning Signs

You may want to hang this on your refrigerator (or another highly visible spot) for easy reference.

Note: Page numbers refer to your New Beginnings Book, where you can find more information on these topics.

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### Maternal Warning Signs / **MOM**

Call your care provider IMMEDIATELY if you develop any of these warning signs:

Your Provider: \_\_\_\_\_ Phone # \_\_\_\_\_

- ★ Bleeding that soaks a pad every hour for 2 hours
- ★ Temperature of 100.4°F or higher
- ★ Unrelieved incisional or abdominal pain
- ★ Swelling, redness, discharge or bleeding from your perineum or cesarean incision
- ★ Cesarean incision that begins to separate
- ★ Problems urinating including inability to urinate, burning while urinating or extremely dark urine
- ★ Unusual vaginal discharge or odor
- ★ No bowel movement within 4 days of giving birth
- ★ Any type of visual disturbance
- ★ Severe headache
- ★ Excessive swelling of hands, feet or face
- ★ Flu-like symptoms
- ★ Pain or redness in one or both of your breasts
- ★ Pain, warmth, tenderness or swelling in your legs, especially the calf area
- ★ Frequent nausea and/or vomiting
- ★ Chest pain or problems breathing - **CALL 911**
- ★ Signs of depression or anxiety (see page 9)

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### Newborn Warning Signs / **BABY**

Call your baby's provider IMMEDIATELY if your baby develops any of these warning signs:

Your baby's Pediatrician: \_\_\_\_\_ Phone # \_\_\_\_\_

- ★ **Blue Lip Color is a 911 call!**
- ★ Anytime you feel something is not right with your baby - you know your baby better than anyone else does
- ★ Blue or pale colored skin
- ★ Temperature less than 97°F or more than 100.4°F
- ★ Difficulty breathing
- ★ Repeated vomiting or several refused feedings in a row
- ★ Yellow skin or eyes (Jaundice)
- ★ Patches of white found in baby's mouth
- ★ Eating poorly or refusing to eat
- ★ Constipation - no stool for 48 hours
- ★ No wet diapers for 12 hours or less than 4 wet diapers per day
- ★ Redness, drainage or foul odor from the umbilical cord
- ★ Listlessness
- ★ Crying excessively with no known cause
- ★ An unusual or severe rash (other than prickly heat)
- ★ Diarrhea - frequent or successive bowel movements with excess fluid, mucus or foul odor
- ★ Experiences drastic behavior changes such as increased irritability, excessive crying without a cause, extreme sleepiness or floppy arms and legs
- ★ Congested cough, running eyes or running nose
- ★ ANY injury or fall
- ★ Male only: does not urinate within 6-8 hours of circumcision

# How to care for yourself and your Newborn

Maternal Care

Pages 5-13

**Perineal / Bottom Care:** Wash and wipe front to back, and change your sanitary pads often to prevent infection. Use your squirt bottle after every urination/bowel movement to aid in hygiene.

**Bleeding / After pains:** Vaginal bleeding and discharge (lochia) may last up to 4 weeks postpartum as the uterine lining heals. At first, it will be red (possibly with small clots), gradually changing to pink or brown-tinged. Bleeding may increase with activity, but if you are soaking 1 pad per hour, pass a clot larger than a 50-cent piece, or notice a foul odor, notify your provider. Page 6

**Bowels / Hemorrhoids:** Hormones, pain medications, decreased physical activity, dehydration and soreness can make your bowels sluggish and make it difficult to poop. Drink at least 6-8 glasses of water daily, eat lots of fruits, vegetables and whole grains. Constipation and hemorrhoids that develop during and after labor may be relieved by prescribed stool softeners as well as witch hazel pads. Pages 7-8

**Incision Care:** Keep wound clean and dry, and call your provider with any signs of infection (redness, heat, swelling, pain, drainage). Stitches should absorb within 8-10 days. Page 10

Breast / Nipple Care:

**Breastfeeding:** supply and demand - the more milk baby takes from your breast, the more milk your body will produce. Pages 15-31

**Position & Latch:** A good latch means your baby's mouth opens wide and your nipple is far back in baby's mouth. A good latch each time can help prevent sore nipples. Remember the 3 C's: Calm, Comfortable and Close. Skin to skin contact will help keep your baby Calm. You should always get Comfortable before you start breastfeeding. Keep your baby Close to encourage active feeding and bonding. Pages 20-22.

**Pumping & Storage:** Breastmilk can be pumped and stored at: room temperature x6-8 hrs, Refrigerator x24hrs, Freezer x2wk-6mos. Page 29

**Postpartum Depression:** Hormonal changes after delivery can make you feel tired or overwhelmed. If symptoms persist or you are concerned for your or your baby's wellbeing, contact your provider immediately. Page 9

**Nutrition/Rest/Activity:** You are healing from delivering a baby, so give yourself a break! Try to eat 3 good meals a day, and include healthy snacks and plenty of water. Rest or nap whenever possible, gradually introducing more activity as your recovery progresses. Page 11

Newborn Care

Pages 35-45

**Feeding:** Follow baby-led feedings, not the clock! Early feeding cues are waking up/alertness, licking/sucking motions, lip smacking or whimpering. Crying is a late cue, and can make for difficulty latching on, as babies can be upset or frustrated. Newborns should feed 8-12 times in a 24 hr period. Pages 31-32

**Diapering and Cord Care:** Gently but thoroughly clean baby at each diaper change, to help prevent rash. For baby girls, be sure to wipe from their front to back. Baby's umbilical cord stump should fall off on its own within 2 weeks - do not pick or pull at it. It's normal to have clear or blood-tinged discharge from the navel after the cord falls off, but if you suspect infection, contact your baby's provider. Pages 36 & 38

**Newborn Behavior:** It is common for babies to alternate between rapid or slow breathing, be easily startled, have hiccups or spit up, and to pass gas frequently. If you suspect your baby's behavior is unusual or has changed dramatically, contact baby's provider.

**Void/Stool Patterns:** After day 6 of life, newborns should have 8-12 "wet" diapers, including up to 10 "poops" a day for breastfed babies, and fewer for formula-fed babies. Page 36

**Safe Sleeping:** Always put baby to sleep on his/her back. Keep pillows, fluffy blankets, stuffed animals (or anything soft enough to cover your baby's face) - out of baby's sleep environment.

**Temperature:** Take your baby's temperature under his/her arm. Normal underarm temperature is from 97-100 degrees F.

**Bathing / Skin:** Always keep your baby safe and warm. Never leave your baby unattended. Newborns can be sponge-bathed every 2-3 days. Make sure the water is lukewarm - not too hot. Dress your baby as you dress yourself and make sure baby is protected from weather. Pages 36-37

**Shots:** "Shots", or Immunizations, can help protect your baby from a variety of diseases. Your pediatrician will have the most updated immunization schedule for your baby. Pages 41-42

**Jaundice:** Common in newborns, jaundice can make your baby appear "yellow" in their skin or eyes. It is usually harmless, but your pediatrician should assess your baby to determine if your baby's jaundice is a concern. Page 39

**Bulb Syringe:** Baby often have extra fluid or mucous in the first few days after birth. If baby gags, turn baby to the side and firmly pat the back to help clear the fluid; you can also use a bulb syringe to assist baby in removing the excess fluid. Page 35

**Second Hand Smoke:** Keeping your baby in a smoke-free environment can help decrease the risk of ear infections, colds, asthma and SIDS.

**NEVER SHAKE A KEIKI!**