

Baby's Care



Breastfeeding

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 breastfeeding, 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 breastfeeding) 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).

Umbilical Cord Care

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



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 colour 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 colouration 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.

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.



Mother and Baby Care

Hospital Discharge Information

Mom's Care

VISIT US ONLINE AT

Calgary West Central Primary Care Network
www.makinghealthhappen.com

South Calgary Primary Care Network
www.scpcn.ca



Breastfeeding

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.

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

Office Visits

Mothers are seen 6 weeks after birth.

Visits may be scheduled, if required.

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.

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 a caesarean section.

Ask your physician if he or she is a member of a Primary Care Network (PCN). Primary Care Networks were established to improve access to family physicians and other frontline health care providers in Alberta.

There are currently 40 Primary Care Networks in Alberta, and the Calgary West Central PCN and South Calgary PCN encompass the entire south Calgary area. Many of the physicians in these two PCNs work closely with allied health professionals, including behavioural health consultants, dietitians, nurses, pharmacists and social workers, to collaborate on patient care.

The PCNs address the unique health needs of their populations and implement innovative programs, many of which are prevention and wellness focused.