

Baby's Care

Breastfeeding

Always start by offering the breasts first.

Eight to 12 feeds/day (approx every two to three hours), both breasts.

Ten to 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 two to three 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 (Five to 10 min/side after breastfeeding) for additional breast stimulation.

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

Eight to 12 feeds/day (approx every two to three 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. three on day three, four on day four, etc).

Six to eight wet diapers/day after day six.

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 two to four.

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 three to seven days after birth, then at three and six weeks after birth.

Additional visits may be scheduled, if required.



Mother & Baby Care

Hospital Discharge Information

What is the Calgary West Central Primary Care Network?

Ask your physician if they are a member of the Calgary West Central Primary Care Network (CWC PCN) and to learn about what referral services may be available to you.

The CWC PCN is made up of approximately 430 member physicians working in about 118 clinics. Many of these physicians work closely with Collaborative Care Team members (CCT) from the PCN. These physician-led teams include behavioural health consultants, dietitians, pharmacists, physiotherapists, registered nurses and social workers to help enhance patient care. *Availability varies by clinic.*

The CWC PCN also has members that specialize in maternity services. These physicians provide high quality pre-natal care to you and your baby during this exciting time. They provide post-partum care for the first six weeks after delivery until you and your baby return to your family physician. Collaborative Care Team members also work with these physicians and include women's health nurses.

Please visit our website for a list of accredited links to resources related to obstetrics – birth and babies.

Mother's Care

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 one to two tabs every six hours, if required.

Tylenol (acetaminophen) 500 mg, take one to two tabs every six hours, if required.

Constipation

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

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

Office Visits

Mothers are seen six 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 two hours or having persistent clots.

Flow should gradually decrease over six weeks.

Mood

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

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

Sutures

Should dissolve within about six weeks.

Pain should decrease every day.

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

Staples are removed four to seven days after a caesarean section.

