

Post Pregnancy Care



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Lesson #1 : Always....Always....Always sleep when your baby is sleeping!

Breast Feeding

In the first 24 hours there should be about 12 feedings (on average every 3 hours). Birth weight should be re-gained by day 10. After day one, you should note at least 3 bowel movements, and 6 wet diapers of pale/clear yellow urine daily. Feedings may diminish to 8 per day.

Perineum care

- To facilitate healing of the perineum use the following dried herbs mixed 20 g Comfrey, 20 g Oregon grape, 10 g Uva Ursi, 10 g Calendula.
- Decoct (simmer) till 2 tbsp of dried herbs in 4 cups of H₂O has been boiled down to 2 cups. Strain and add to sitz baths.

Breast Care, Assessment of Latch:

- Baby's head extended, mouth open at Least 140 degrees
- Express & Apply breast milk to the nipple
- Ensure the baby's bottom lip is curled out once latched.
- Quick suckling upon initial latch should change to mouth open, pause, closed pattern. There should be no clicking or dimpling in cheeks.
- Small breasts will increase the number of feedings, as large breasts will decrease frequency
- Allow Nipples to air dry

Treatments for the Breast

- Carrot and potato poultice will assist in healing of breast tissue. Calendula petals in cheese cloth soaked in warm water are comforting when applied to sore breasts.
- Nipple shields can go inside the bra to protect the nipple from irritation
- Blessed thistle, fenugreek and Alfalfa can help milk to come in more full

Improving Baby's Latch- Baby's Positioning

- Initially the baby's nose should line up to nipple
- Your Hand scoops underneath the head
- Baby's head in "sniff" Position (upwards)
- Body weight supported by palm of hand and arm, pushing through the heel of the hand towards to breast. Ensure Chest is close, and Bottom closer

Set the Stage for Asymmetrical Latch

Stimulate the Baby's mouth to open by Rubbing down with nipple on the lower lip, or by running nipple back and forth under the upper lip. Once ready firmly scoop the baby's mouth onto breast, chin first.