

Postpartum Changes

best start
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Resource Centre/Centre de ressources

by/par health **nexus** santé



Chantal and Amar



Your Changing Body

Common discomforts:

- Tender breasts
- Cramps in the uterus
- Perineum soreness
- Vaginal flow
- Pain at the incision site if you had a caesarean birth.
- Difficulties with urination and bowel function
- Feeling tired and having a difficult time getting enough rest.



Sore Nipples

- Most common cause of sore nipples
- Signs of a poor latch
- Preventing sore nipples



Tender Breasts

- Preventing engorgement
- Managing engorgement



Cramps in the uterus

- Causes
- Management



Perineal soreness and vaginal flow

- Causes
- Management



Difficulties with urination and bowel function

- Causes
- Management



Changes in the menstrual cycle



Sexuality



Birth Control While Breastfeeding

Lactational Amenorrhea Method (LAM) can be used if :

- Your baby is less than 6 months old.
- Your menstrual periods have not yet returned.
- Your baby is exclusively breastfed.

Birth Control While Breastfeeding

Other birth control options while breastfeeding:

- Male and female condoms
- Spermicides
- Intrauterine Contraceptive Device (IUD)
- Diaphragm
- Vasectomy (permanent)
- Tubal ligation (permanent)

When to Seek Medical Attention



- Blood clots
- Opening of incision
- Yellow or green discharge
- Foul smelling discharge
- Fever and/ or flu-like symptoms
- Pain (including headaches) not relieved by medication.
- Visual changes
- Swelling.
- Signs of mastitis

“Baby Blues”

Feelings of:

- Sadness
- Fatigue
- Irritability
- Being overwhelmed



Postpartum Mood Disorders (PPMD)



- When the baby blues last more than 2 weeks.
- Happens to 1 in 5 women.
- Can occur anytime within the first year after birth.
- Is real.
- Affects the whole family.

Postpartum Mood Disorders (PPMD)



Postpartum Mood Disorders (PPMD)

You are more at risk if you:

- Have been depressed or anxious during your pregnancy.
- Have a history of depression and/or other mood disorders.
- Have family members with mood disorders.
- Had a recent stressful life event such as a move or a loss in the family.
- Have little social support.
- Have relationship difficulties with close family members.

Coping with PPMD

What mom can do	What partner, family, and friends can do
Ask for help	Listen and support her feelings
Take care of yourself - sleep, nutrition, exercise	Develop your relationship with the baby
Take time for yourself	Ask her how you can help
Get counseling or join a support group	Educate yourself about PPMD
Consider medication	Take care of yourself

Postpartum Depression in Fathers/Partners

- Can occur in 10.4 % of partners
- Incidence increases to 25-50% if the mother also has PPMD
- Usually occurs later in the postpartum period



PPD Symptoms in Men



Note to Fathers/Partners

- 
- A close-up photograph of a man with short brown hair, wearing a grey hoodie, gently kissing a newborn baby on the forehead. The baby is wrapped in a blue blanket and is lying on an orange leather couch. The background is a soft, out-of-focus light blue.
- Spend time holding, talking, and playing with the baby.
 - Spend time holding your baby skin-to-skin
 - Participate in the care of baby .
 - Plan time alone with baby.
 - Make yourself aware of community resources and activities.
 - Take care of yourself.

Video



Transition to Parenting

Talk about:

- How you feel about becoming a parent.
- How you will share daily tasks.
- How to take care of yourself.
- How you want to raise your child.



Transition to Parenting



Transition to Parenting

Who is most responsible?

Partner's Responsibility			Both Responsible				Mother's Responsibility		
1	2	3	4	5	6	7	8	9	10

Using the above scale, rate where you would place your and your partner's responsibility for the tasks listed below. Compare the answers and identify areas that are similar and use these strengths to help you find ways to compromise in areas where you differ widely.

<u>General Areas</u>	<u>Partner</u>	<u>Mother</u>	<u>Child Care Areas</u>	<u>Partner</u>	<u>Mother</u>
grocery shopping	---	---	staying home	---	---
preparing meals	---	---	feeding	---	---
cleaning up after meals	---	---	playing with	---	---
repairs around the house	---	---	health care	---	---
house cleaning	---	---	dental care	---	---
general shopping	---	---	transporting	---	---
paying bills	---	---	bedtime	---	---
laundry	---	---	comforting	---	---
making social arrangements	---	---	sick child	---	---
car maintenance	---	---	up at night	---	---
home decorating	---	---	diapering	---	---
yard work	---	---	toilet training	---	---
snow removal	---	---	play dates	---	---
gardening	---	---	diaper bag	---	---
birth control	---	---	doctor's appt	---	---

From Virginia Collins, Childbirth Experience, with permission.

For More Information

- Best Start Hubs
- Best Start website: www.lifewithnewbaby.ca
- Breastfeeding support groups
- Early parenting programs
- Health care provider
- Healthy Babies Healthy Children program
- Local public health department
- Ontario Early Years Centres
- Pacific Postpartum Support Society www.postpartum.org
- Postpartum Mood Disorder Support Groups
- The Men's D.E.N. www.mensdencanada.wordpress.com
- The Society of Obstetricians and Gynaecologists

The information represents the best practice guidelines at the time of publication. The content is not officially endorsed by the Government of Ontario. Consult your health care provider for information specific to your pregnancy.



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