

Postnatal Tips

1. **Perineal douche** with Lavender water or salt water every time you use the toilet, at least 4x daily for a week after the birth of your baby
2. **Shower** is preferred to bathing, no soap or other cleansing agents to be used for the perineal area.
3. **Cord care** as shown by the Midwife (Wound and graze powder) 4x daily until cord comes off, then 2x daily for another 2 days. If redness presents around the cord area, this is a sign of infection, don't panic, and call your midwife.
4. Daily dose of **Schlehen Elixir**, **Biostrath** or other tonic and iron supplements when advised.
5. Continue taking your **vitamin**, calcium, omegas and probiotics, whilst you are breast feeding.
6. **Postnatal Depression:** most women suffer from a certain amount of emotional instability after birth and considering what you have accomplished, it is not surprising. As long as you are feeling like a roller coaster for a few days, you are fine! Should you however feel like you are spiraling down, becoming lethargic struggling to see beauty in a day, or simply not coping. Please phone me, or if you prefer a friend and speak with us openly so that we may help. Get out of the house, even if it is just for a cup of tea at a friends house, don't let the walls close in on you. Don't forget to spoil yourself and pat yourself on the shoulder...you are doing an amazing job!!
7. **Breastfeeding:** Demand feed. Feed baby on **one breast per feed** and then use the other breast for the next feed until your milk comes in. Ensure that baby **does not sleep for longer than 6** hours for the first 2 days. This will keep the glucose levels up, prevent jaundice and ensure that your milk comes in. After day 2 **demand feed** your baby and after about 4 weeks you can start stretching babies feeding times to get into a better routine ,if babe has not yet established his or her own. If baby wakes up crying, pick him or her up and soothe first rather than giving the breast right away, this will allow for baby to latch on better and will avoid baby getting the idea that every time he or she cries, she will be fed immediately. At this stage your baby will be **feeding 2 to 4 hourly**. Should baby have a day or two where he feeds more often than normal, he is probably having a growth spree and will settle back into his routine. **Colostrum and breast milk are all your baby needs!!!!**Try to drink **3 liters a day**, if you drink every time babe does, this shouldn't be a problem. Try to spend as **much time without your feeding bra** as possible. Cleanse your breasts with H₂O(or your own milk) before and after feeding. **Cramps** are very common in the first weeks as your baby is trying to get used to feeding and his or her tummy and intestines are still learning what it is that they are supposed to be doing. Stay calm, try the different ways of soothing your baby and remember stay calm. Stick with one remedy if you must use one, rather than change all the time. For further information on breast feeding read my notes: "the Breast facts"
8. **BABY:** Considering the amount of new pollens, dusts ect your little one needs to adapt to, it is quite normal for babe to **sneeze** and even have a bit of a blocked nose (boil and cool some water and allow one drop to role of your finger into each nostril. Babe really has a lot to adapt to.

9. Babies first poo after birth is very sticky and black, this is called Meconium and is normal, it will settle within a day or 2
10. Take baby outside 30 min. 2 or 3 times a day (early morning/evening sun), from day 1. Ensure that baby is not in the direct strong sunlight and out of the wind. Doing this will reduce the risk of jaundice.
11. Babies cannot regulate their temperatures properly, so it is very important to keep him or her warm, do not bath your baby more than once or twice weekly for the 1st month, using only water and a bit of natural oil in the water. Also do not over heat the baby room.
12. It is quite common for your baby to have swollen nipples, or discharge from the vaginal area after birth; this is as a result of hormonal surplus and regulates itself. Best not to cleanse vigorously or squeeze .
13. A “Newborn “rash is also quite common and can be quite severe, should this however be accompanied by a fever or in any way unsettle you as a parent please contact your midwife or doctor.
14. **ENJOY** your baby, he, she is really quite strong, very cute and changing very quickly. By just relaxing and following your instincts you are more than likely doing just what you should be.

There is no verified reason to immunize your babe in hospital straight after birth as babe receives immunity from your breast milk for the first 6 months of his or her life. Should you wish to immunize (no this is NOT mandatory) then you can discuss the immunizations with your chosen clinic sister.

Your baby should be checked by a Pediatrician or GP at the latest 6 weeks after birth.

You should arrange a check up 6 weeks after birth with your Obstetrician. Visit the breastfeeding clinic in your area to weigh baby and meet other mums.

Should you have any questions, you are most welcome to phone your midwife.