

## *The first two weeks postpartum*

The first weeks postpartum are crucial to recovery and optimal health and growth for both mom and baby.

Mothers need plenty of rest, fluids and nutritious foods as their bodies undergo the normal changes that occur postpartum. If Mom had a laceration, difficult delivery or heavy blood loss during birth, the midwife will discuss additional care for optimal recovery.

Babies will thrive during this transition when they are with their mothers, feeding and sleeping almost constantly during the first weeks.

Establishing healthy breastfeeding is a key component to mother and baby's long term health. Do not attempt to limit breastfeeding or schedule feeds and sleeps during the first few weeks after birth. Doing so can lead to numerous newborn and postpartum complications. If you have circumstances that limit your ability to be with or feed your newborn in the first few weeks, discuss how to optimize your baby's transition with your midwife.

Occasionally complications arise during the early newborn/postpartum period. Be sure to call your midwife immediately if you have any of the following experiences:

- heavy, bright red bleeding from the vagina that goes through one pad in an hour or less
- a blood clot larger than a quarter, or several blood clots.
- a temperature over 100°F or if you are shivering or have the chills
- flu like symptoms
- foul smelling vaginal discharge
- pain or difficulty urinating
- painful engorged breasts, or localized pain in breast
- you're having trouble breathing
- you have a lot of pain
- you've had a cesarean section and your incision is painful, leaking, very red or swollen
- you need help breastfeeding
- you have unusual symptoms
- your nipples are cracked, very sore or damaged
- your baby is listless or seems too tired to feed
- your baby does not wet his/her diaper at least 6 times a day (after day 4)
- your baby seems to be having trouble breathing, breathes more than 60 times a minute, or seems to turn blue during feedings
- your baby has a pulse of greater than 160 or less than 90