

# Mother and Baby Postpartum Care

## For baby:

It is important to schedule you and your baby's follow-up appointments. Your baby may have an appointment within 1-3 days of birth depending on your baby's health. At the first appointment, they will check your baby's weight, bilirubin level, and overall health. Be ready to discuss (1) when and how much your baby is feeding; and (2) the number of wet diapers and stools your baby makes each day.



## For mom:

You will have postpartum follow up as arranged by your provider. At these visits, you will be asked about your moods, bleeding, how you are bonding with baby. If you have any questions or concerns, you can address them at these visits.



## Family, Friends, and Pets

Adjusting to a new normal after giving birth can look different for each pregnancy. Each household is also different. You may have a spouse or a partner, or it maybe it's just you and your baby moving forward together. You might bring your baby into a large family, a small family, or create a completely new family. No matter what your family looks like, keeping your baby safe, healthy and happy is your top priority.

## Siblings:

If you have children at home, it is normal for them to worry that the new baby will replace them or you will love the baby more. Encourage children to be honest about any feelings of jealousy, fear, or anger. To help them adjust, you can read books or watch videos with them about adding a baby to the family. Let children help with planning for the baby, shopping, and decorating the nursery. Make sure to spend quality time with each child doing activities they enjoy. If siblings want to help care for the new baby, it's a good idea for you or another adult to supervise these interactions.

## Visitors:

Friends and family mean well and are excited to visit you and your new baby. These visits can be exhausting because you are spending time entertaining. Do not feel like you have to entertain if you don't feel up to it. Don't let anyone who is sick get too close to or hold your baby. Also don't allow anyone to kiss your baby. Don't be shy about asking anyone who holds, or touches the baby to thoroughly wash their hands first. During the COVID pandemic, we recommend you restrict contact with baby to family members living in the household and do not hesitate to ask people to wear a mask around you and baby.