



Day One

After Childbirth

YOUR BABY

- ♥ Your newborn baby may look wrinkled and red.
- ♥ Your baby's head may be a bit out of shape from birth.
- ♥ His or her head will be large compared to the body.
- ♥ The top of its head will have soft spots in front and back.
- ♥ Your baby's eye color will be dark grey, but may change during the next weeks.
- ♥ Your baby's belly button will have part of the dried cord which should fall off within two weeks.
- ♥ Your baby can focus on your face.
- ♥ His or her breasts (both sexes) may be swollen for a few days.
- ♥ A boy baby may have a swollen scrotum [SCROH-tum].
- ♥ A girl baby may have a small bloody vaginal discharge.

- ♥ He or she can respond to your voice and touch.
- ♥ Your baby can grasp your finger, suck his or her fingers and nurse.

YOUR BODY

- ♥ Share the joy of birth with your mate.
- ♥ You may feel tired. Sleep when your baby sleeps.
- ♥ You will want to cuddle your new baby.
- ♥ You will want to eat well-balanced meals.
- ♥ Your episiotomy [ee-PEEZ-ee-aw-toh-mee] incision will be sore.
 - Bathing frequently will help your bottom heal.
- ♥ You may have trouble urinating because of the swollen tissues.
- ♥ You may become constipated due to hesitation to have a bowel movement.
- ♥ You will lose weight as fluid is lost through frequent urination.

- ♥ You may sweat a lot to get rid of extra fluid.
- ♥ You will have a vaginal discharge (lochia) of blood from the uterus. It may be present for one to five weeks after birth.
- ♥ You will not have milk for breastfeeding for several days.
- ♥ Colostrum [coh-LAW-strum] will nourish your baby.
- ♥ Your breasts may become tender when your milk comes in.
- ♥ Your abdomen will stay large until your muscles tighten.

YOUR RESPONSIBILITY

- ♥ Hold, cuddle, touch and enjoy your baby.
- ♥ Talk with your partner about the birth experience.
- ♥ Repeat Kegel {KAY-gul} exercises after birth.
- ♥ Get up and walk as soon as you can.
- ♥ Rest when you are tired.
- ♥ Drink lots of liquids and eat when hungry.
- ♥ To increase milk flow, breastfeed soon after delivery and at least every two to three hours.



Adapted From Nine Months to Get Ready. . . You Can Make a Difference, the Arizona Department of Health Services.