



Mommy & Me



For Assistance:

If you have any questions, please feel free to contact the Maternal/Child Care Manager:

NBHD

(954)759-6721

MHS

(954)276-3136

PHT

(786)466-8272



Post Partum Check Up

Nine months of in and out doctor's office, you don't want another exam. But it is important to have a check up after you give birth. The doctors or midwives usually want to see you in six weeks. If you had a c-section, you'll most likely see your doctors a few week earlier.

At the post partum check up, your caregiver will:

- ◆ Check your weight and blood pressure
- ◆ Check your abdomen and breasts
- ◆ Check your cervix and vagina
- ◆ May do a pap smear
- ◆ May order some lab tests
- ◆ Talk to you about birth control
- ◆ Talk to you about post partum blues or emotional problems



Remember to schedule your post partum check up. It is one appointment you shouldn't miss!

Important Point to remember:

Do you like your pediatrician?

You will be spending a lot of time with your baby's doctor. It should be someone you can get along with.



How To Pick A Doctor For Your Baby

Before your baby is born, you should look for a pediatrician (baby doctor). There are many ways you can do this. Ask friends who have babies. Ask your doctor or midwife for ideas. Talk to someone at a local hospital for suggestions.

It might be a good idea to meet them before you have the baby. Many offices will give you an appointment so you can talk to the doctor. That appointment is usually free of charge.

Some things to look for in a pediatrician are:

- ◆ What hours is the office open? What happens if your baby gets sick when they are closed? *Some offices have evening and weekends hours.*
- ◆ How easy is it to get a sick appointment? *Many offices will give you an appointment the same day you call.*
- ◆ Is there a waiting room just for newborn babies? *So your baby will not have to wait in the same room as the sick kids.*

How To Take Care Yourself

PERSONAL CARE

- ◆ Always wash your hands
- ◆ Change your pad each time you use the bathroom
- ◆ Use squirt bottle
- ◆ Clean area from front to back
- ◆ Get lots of rest
- ◆ Eat healthy
- ◆ Drink lots of fluids

WAYS TO HELP COMFORT

- ◆ Apply ice to area
- ◆ Wear loose fitting clothing
- ◆ TAKE MEDICATION AS ORDERED
- ◆ Change positions frequently

WHEN TO CALL YOUR DOCTOR

- ◆ Fever over 100.9F
- ◆ Increased blood flow
- ◆ Pain in your stomach
- ◆ If breast gets hard and painful



Car Seat Safety

One of the most important jobs as a parent is keeping your baby safe. A car seat will help keep your baby safe. There are many different types of care seats. How do you choose? **The best seat is the one that is installed the right way, fits in your car, and you will use every time you have the baby in the car.** Just because a car seat costs more money does not mean it is better. If you get a used car seat, make sure it has not been in a crash before or on a recall list.

Newborn babies need an *infant-only* seat or a *convertible* type seat. The best place for the baby's seat is the back seat of the car. The baby will need to ride facing the back of the car. They will ride that way until their first birthday and at least 20 pounds.

Sometimes it is not easy to put the safety seat in the car. Some hospitals and fire stations will check your baby's car seat to make sure it is put in the car the right way. Just call them and ask. You should do this *before* the baby is born. It is important to have seat in place when you take the baby home from the hospital.



Why Is Breastfeeding A Good Idea?

We know that breast milk contains everything your baby needs to grow the right way. The good things from breast milk for your baby will continue the whole time you breastfeed. Even if you decide to breastfeed just in the beginning, it will be good for you and your baby.

Here are some good things breast milk gives a baby:

- ◆ Easy to digest
- ◆ Helps them fight infection
- ◆ Helps their brain grow
- ◆ Less chance to be overweight

Here are some good things from breastfeeding for mom:

- ◆ It is free!
- ◆ Less chance for some cancers
- ◆ Helps lose weight after having the baby

These are just a few of the good things you can get from breastfeeding.

Don't let others make up your mind for you. It is your choice!! If you think you want to breastfeed your baby, ask your doctor or midwife how they can help you to get ready.

