

INFANT FEEDING


- Baby is first fed as soon as he/she shows signs of readiness, usually within an hour of birth.
- 'Feeding according to need' is encouraged for well mothers and babies.
- All well babies stay with their mothers in their rooms day and night, (rooming-in).
- The midwife is available to assist you at all times, to teach you how to:
 - * Correctly position and attach the baby to the breast.
 - * Recognise your baby's cues for feeding.
 - * Teach you how to tell if your baby is getting enough.
 - * Recognise the baby's sucking patterns.
 - * Recognise and manage breast changes.
- A lactation consultant is available for any extra breastfeeding help you may need, both whilst you are in hospital and after you return home.
- Whether you decide to breast or artificially feed, you will be supported and assisted with your chosen method of feeding.
- The medical and midwifery staff at Wimmera Health Care Group have agreed that it is undesirable for babies that are to be breastfed to have any fluids other than breast milk, unless medically indicated. This includes water and artificial formula.

DISCHARGE ADVICE

- It may take some time for you and your baby to settle into a feeding routine when you go home. Red or sore breasts with flu-like symptoms can indicate mastitis, so consultation with your doctor is necessary if this occurs.
- Vaginal blood loss will usually continue up to 4-6 weeks following birth. Initially it is bright red in colour, then a reddish-brown and finally becomes a clear discharge. If the bleeding suddenly increases, you pass clots or the discharge becomes smelly, consultation with your midwife or doctor is necessary.
- You will be tired following the birth so adequate rest is important. Continue to have a sleep during the day when the baby does.
- Good nutrition and adequate fluid intake is necessary due to the added demands put on the body at this time.
- Continue to do your pelvic floor exercises as instructed by the physiotherapist. Follow good posture and lifting principles.
- Contraception methods can be discussed with your GP, a family planning nurse or midwife. Breast feeding alone may not prevent pregnancy.
- The domiciliary midwife will see you prior to your discharge home and will make arrangements for follow-up home visits.
- You will be required to make a follow-up postnatal appointment with your doctor approximately 6 weeks after birth for yourself and the baby.
- If you have any concerns prior to this, contact your doctor or domiciliary midwives.
- If you have had an epidural anaesthetic, your back may be tender. If you have excessive pain, headache, any redness or ooze, contact your GP immediately.

Maternal and Child Health Line: 13 22 29
Australian Breastfeeding Association 03 9885 0653

Disclaimer: This patient pathway is intended as a guide only. As each patient is an individual and responds differently, the care plan may alter. If you have questions, please discuss with your Doctor or Nurse.

 <p>Wimmera Health Care Group</p>	<p>MATERNAL PATHWAY VAGINAL OR ASSISTED VAGINAL BIRTH</p>
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Care and treatment you may expect during and after your hospitalisation is covered by this brochure .

Please make time to read this information and bring it with you to hospital— staff will refer to it during your stay.



Having a baby is an exciting time for you and your family, a new baby *does* mean life will never be the same!

Yandilla staff will help you as you get to know your baby..

Your learning needs will be different from any other women, so we have devised a questionnaire, which you will be asked to fill out, this will help us focus on what you need .

Why do we discourage use of dummies?

Dummy use has been associated with the following breastfeeding problems:

- Slow weight gain
- Thrush
- Nipple confusion
- Mastitis
- Increased risk of early weaning
- Earlier return of fertility

Rooming in?

At Wimmera Health Care Group we have a policy of rooming-in.

Avoiding separation of the well mother and baby in the neonatal period facilitates;

- bonding between mother and baby
- establishment of breastfeeding

Research has shown that;

- Mothers sleep better with baby by their side
- Longer and more successful



DAY OF BIRTH

- During the first few hours following birth the midwife will frequently take your pulse, blood pressure and check your uterus, perineum and blood loss.
- Identification labels with the mother's name will be attached to the baby and his/her weight recorded. The midwife will regularly check your baby's temperature, heart rate, breathing and colour.
- After consent has been obtained, Vitamin K and Hepatitis B vaccine will be administered to your baby .



CARE WHILST IN HOSPITAL

Each day the midwife will

- Take your temperature and pulse, check your breasts, uterus and perineum.
- Discuss normal changes that occur to your body after birth.
- Discuss the importance of adequate rest.
- Explain how to care for your perineum.
- Assist you with learning to be a new mother.
- Be available to assist and offer guidance as you need it.
- If you are negative blood group, you may require an Anti-D injection. The pathology nurse will take a blood sample from you to verify this.



PAIN RELIEF

- If you require pain relief after the birth, **please tell** the midwife caring for you and he/she will help by giving you advice and analgesia as required.



LENGTH OF STAY

- Your normal length of stay is 3 days in hospital. Discharge time is 10.00 am. Please have your baby restraint fitted to your vehicle (prior to discharge day).
- A Domiciliary Service is offered to all patients on discharge, to offer advice and support in your own home during the initial settling-in period. This service can visit you more frequently should your stay be less than 3 days.



PERINEAL CARE

- If you have stitches, your perineum may be tender for about 5 days. To reduce discomfort you may:
 - * Use ice packs up to 24 hours post birth.
 - * Take regular analgesia as required.
 - * Ensure the perineum is kept clean and dry.
 - * Take a salt bath for comfort (after 24 hours).
 - * Have an adequate intake of fibre, and increase fluids to help prevent constipation.
 - * Start your pelvic floor exercises.
 - * Pads need changing frequently.
- The stitches will dissolve usually after Day 5. They may get tight and uncomfortable before they fall out. If this occurs, have your midwife or doctor check them.



ACTIVITY WHILE IN HOSPITAL

- It is advisable following childbirth that you give yourself time to recover, therefore adequate rest is very important.
- It is quite normal to be up attending to the baby overnight, so you will need to rest during the day when the baby does.
- Rest period is between 12.30 pm and 2.00 pm. No visitors or telephone calls are allowed during this time. This is to allow yourself and other patients to rest. Visitors are encouraged to come between 2.00 pm and 8.00 pm as mornings are an important time for mother crafting and breastfeeding education.
- Normal activities are resumed soon after birth, which you may slowly increase as you feel fit.
- The physiotherapist will call during your stay to discuss postnatal exercises and check your abdominal muscles.

BABY CARE

- You will be the main carer for your baby. The midwife will assist and offer guidance as you need it. During your stay you will learn about:
 - * Folding and changing nappies.
 - * Bathing your baby.
 - * Settling techniques.
 - * Feeding your baby.

