

Jael's Tips

FOR POSTPARTUM

Episode: The First 48 (Season 3, Episode 1)

Tip 1

Sleep When Baby Sleeps!

Take every opportunity to rest while your baby is sleeping. Remember, newborn screenings and cluster feeding may begin during this time with feedings every 2-3 hours.

Tip 3

Limit your Visitors!

Take the time to rest, learn your baby, and keep the first 48 hours intimate and calm.

Tip 5

Peri-Care/First Shower

Bleeding occurs whether you had a vaginal birth or a C-section. Be sure you know what signs to look for and when to alert the doctor or nurse.

Tip 7

Eat Good and Hydrate!

A good milk supply is supported by water and carbohydrates. Eating well and staying hydrated will make you feel better and help with sleep.

Tip 2

Movement is your Best Friend!

Movement helps whether you had a vaginal birth or a C-section. It improves gut motility and eases muscle soreness. Remember, Pitocin, oxytocin, and breastfeeding can cause cramping, so movement can help relieve it.

Tip 4

Use Your Resources!

Take advantage of the nurses, lactation consultants, and providers available to you.

Tip 6

Stay On Top of Your Meds!

- Tylenol and Ibuprofen work well together.
- Use stool softeners, as needed.
- Don't hesitate to ask for stronger pain relief if necessary.

You've Got This!

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