



Caring for yourself and your baby at home

- **Hygiene:** sitz bath at least once daily, adding two tbsp table salt to a tub full of warm water. Soak for 20 minutes or longer.
Keep your bottom clean and dry, changing peri pads frequently. No douches or tampons x 6 weeks.
Report heavy bleeding (ie changing your pad hourly), swelling, increased pain or foul smelling discharge to your family doctor immediately.
- **Diet:** follow a well balanced diet for you. Follow Canada's Food Guide.
Drink at least one 8 ounce glass of liquid (water, milk, juice) each time you breast feed your baby.
If bottle feeding cut your own fluids back to a minimum, until your breast milk is completely dried up.
- **Elimination :** keep your bowels regular, adding fruit and fibre (cereal, bran muffins) to your diet, will help.
Report problems with constipation to your doctor. Continue with the stool softeners until you have your first bowel movement.
Report any problems with urination to your doctor i.e. burning with urinating, or frequent small amounts.
Rest: sleep when your baby sleeps, taking a nap daily to replenish yourself from the night time feedings.
- **Baby Care:** Feed your baby 8 - 12 times in a 24 hour period. This is usually every 2-3 hours.
You should see at least one good wet diaper for each day of baby's age up to day 6. i.e.:
3 days of age = 3 wet diapers in 24 hours
5 days of age = 5 wet diapers in 24 hours
6 days of age = 6 wet diapers in 24 hours
7 days of age and on = 6 wet diapers/24hours
Signs of a dehydrated baby = listless, sleepy, very few/no wet diapers.
You should not have to waken your baby for EVERY feed.
Refer to phone numbers in the back of the lavender Breast feeding booklet for assistance.

