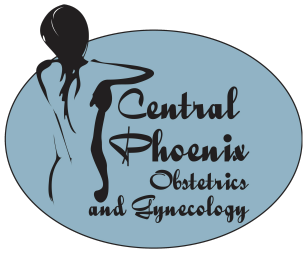




Central Phoenix Ob-Gyn
welcomes you to

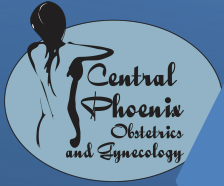
Supportive
Pregnancy Care
April 19, 2022



Please scan
the QR code
and complete
the
Supportive
Pregnancy
Care pretest



[SPC Pretest](#)



Your name



what baby is this
for you, first,
second...?

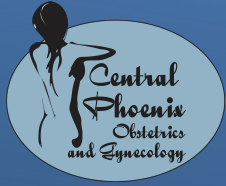


How many
weeks
pregnant are
you

A favorite book
(type in the
chat)



shutterstock.com · 1837853593



Today's Agenda

February 16th, 2022

Part I

- Check-in
- Meditation
- Agenda Review
- Icebreaker
- **Newborn needs**

****Poll****

Part II

- Mindfulness exercise
- **Feeding your newborn**
- Wrap up
- Closing affirmations



Newborn needs

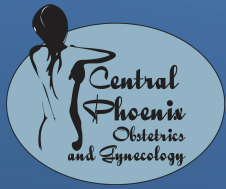
Immediately after Birth

- Delayed cord clamping
- Skin to skin
- Newborn behavior days 1-3
- Bringing baby home
 - siblings
 - Pets
 - Visitors

Ongoing newborn care

- Choosing a Pediatrician
- Circumcision
- Safe Sleep
- Infant CPR

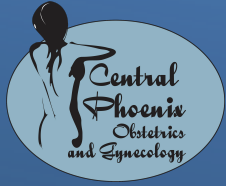




Newborn needs--Immediately after Birth

- Delayed cord clamping
- Skin to skin
- Testing/medications

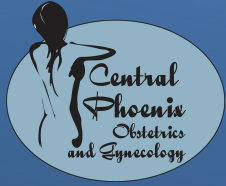




Newborn needs--First 3 days



- Newborn behavior days 1-3
- Bringing baby home
 - Safe Sleep
 - siblings
 - Pets
 - Visitors



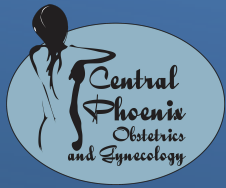
Newborn needs--Ongoing care



- Choosing a Pediatrician
 - Circumcision
- Infant CPR class



Mindfulness Moment

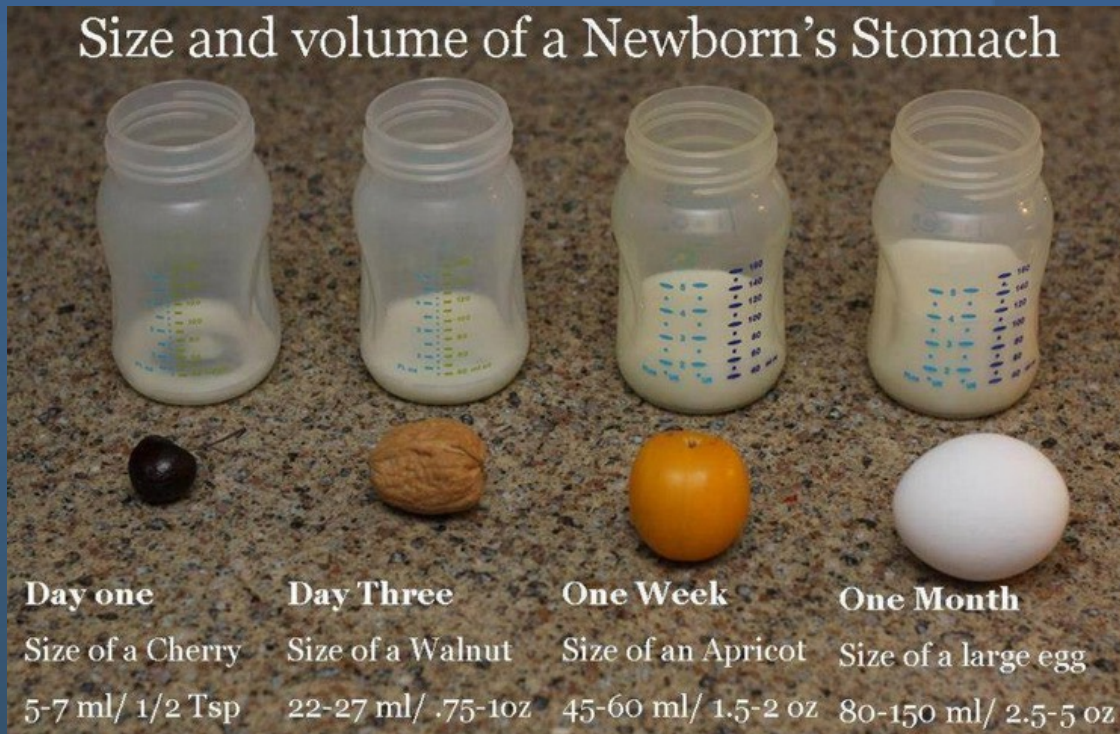


**Words that come to
mind when I think of my
newborn are...
(type in chat)**



Infant Feeding Basics

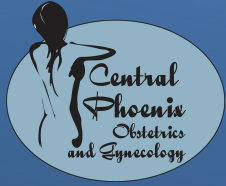
Size and volume of a Newborn's Stomach





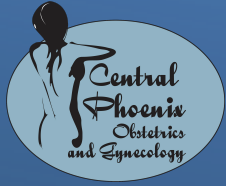
Infant Feeding Basics





Infant Feeding Basics

- Almost all babies lose weight in the first week of life
- Weight gain picks up in the 2nd week of life
- Feedings generally last anywhere from 10 to 45 minutes
- In the first few days there are 1-3 wet diapers
- By the second week of life wet diapers go up to 6+
- The number of dirty diapers also increases, and the stools should be changing in color and thickness. From the dark, tarry meconium stool, they should progress to softer and brown color before becoming a mustard-yellow and loose and seedy. Look for about 4 stools by day 4 of life.



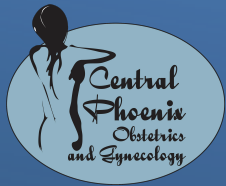
Breastfeeding Benefits

Mother

- Free
- Can be done anywhere
- Reduced risk of
 - breast cancer
 - ovarian cancer
 - type 2 diabetes
 - high blood pressure

Child

- Made specifically for human baby digestive system
- changes to meet baby's nutritional needs as she/he grows
- Breast milk shares antibodies from the mother with her baby
 - Decrease in ear infections
 - Decrease in stomach bugs
 - Decreased obesity
- lower risk of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS)



Breastfeeding Basics

- A newborn has a different feeding routine than a breastfeeding 6-month-old
- The nutrients in your milk also change to meet your growing baby's needs
- the infection-fighting antibodies in your milk will increase if you or your baby are exposed to a new bacteria or virus
- The first weeks of breastfeeding are a learning period for both you and your baby.
- Don't expect to work as a coordinated team right away
- Most full-term, healthy babies are ready and eager to begin breastfeeding in the first half hour to 2 hours after birth
- Then, they may sleep or act drowsy for the next 2 to 20 hours
- A baby may not be very interested in breastfeeding again on his or her birthday
- Placing your baby skin-to-skin (naked on your bare chest) often on these first few days will help your baby wake to nurse when he or she needs to
- Expect to change only a couple of wet and dirty diapers during the first 24 hours



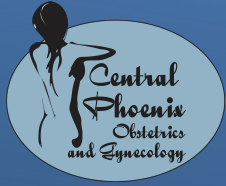
Breastfeeding Basics

- By the second day, your baby will begin to wake and show readiness (cue) for feedings
- Babies will eat 8 to 12 times per day. Babies often don't eat at regular times. They may also group (cluster) some of these feedings together.
- These frequent feedings provide your baby with antibody-rich first milk, called colostrum. They also tell your breasts to make more milk
- Latch your baby at early signs of hunger
 - Early signs of hunger include
 - licking lips
 - Squirming and restlessness
 - sucking their fist or fingers
 - making murmuring sounds
 - turning their head and open their mouth (rooting)
 - Late signs of hunger include rooting and hand-to-mouth activity. A very late sign is crying. If a baby gets too hungry, latching can be very difficult



Breastfeeding Basics

- Feed your baby as often as they want and for as long as they want
- It's fine to feed your baby whenever they are hungry, when your breasts feel full or if you just want to have a cuddle
- **It's not possible to overfeed a breastfed baby**
- Let your baby to suckle until he or she is done
- When your baby finishes at one breast, you can burp him or her and change the diaper before offering the second breast
- When you feed your baby next, offer the other breast first



Breastfeeding Barriers

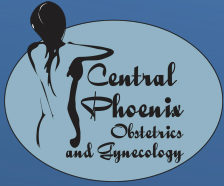
- Lack of knowledge about breastfeeding
- Misconception that formula is equivalent
- Breastfeeding is not the social norm in many communities
- Poor family and social support.
- Embarrassment about feeding in public
- Lactation problems
- Returning to work and accessing supportive childcare
- Policies and practices by some health services and health care providers
- Promotion and marketing of infant formula.

Notice inability to make milk IS NOT on this list



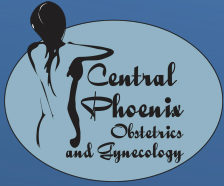
Bottle Feeding

- No evidence that 1 type of nipple or bottle is better than any other
- Simple bottles that are easy to wash and sterilize are probably best
- Make sure you sterilize bottles and nipples until your baby is at least 12 months old
- Wash your hands thoroughly before handling sterilized bottle and nipples
- If you're using infant formula, follow the instructions on the packaging carefully when you make up the feed



Bottle Feeding

- Make sure you're sitting comfortably with your baby close to you.
- Enjoy holding your baby, **look into their eyes and talk to them as you feed them.**
- Hold your baby in a semi-upright position for bottle feeds. Support their head so they can breathe and swallow comfortably.
- Brush the teat against your baby's lips and when they open their mouth wide let them draw in the nipple
- Always give your baby plenty of time to feed.
- **DO NOT** add cereal or other substances to baby's bottle



Bottle Feeding

- Never leave your baby alone to feed with a propped-up bottle as they may choke on the milk.
- Keep the bottle horizontal
- **Your baby will know how much milk they need.** Some want to feed more often than others. Just follow your baby's lead.
- Feed your baby when they seem hungry and **do not worry if they do not finish the bottle.**
- Throw away unused milk



Infant feeding Links

<https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

<https://med.stanford.edu/newborns/professional-education/breastfeeding/well-fed-baby-checklist.html>

<https://kellymom.com/category/bf/>

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/advice/>

<https://www.nct.org.uk/baby-toddler/feeding/practical-tips/tips-for-bottle-feeding-your-baby>



My body is amazing, strong and healthy