

Taking Care of Yourself

It is important to take time every day to care for yourself.

- Rest and sleep when your baby sleeps;
- Eat often and drink plenty of fluids;
- Keep your days simple for the first couple of weeks. Focus on feeding and caring for your baby;
- Ask for help when you need it. Family and friends can help with meals, housework and care of other children.

Call your Public Health Nurse, Doctor or Midwife if:

- Your flow gets heavier rather than lighter;
- Your flow has a foul smell;
- You have flu-like symptoms or an unexplained fever over 38° C;
- The stitches on your bottom open up, drain, or become infected;
- Your caesarean incision becomes warm, red or starts to drain;
- You have redness or pain in the calf of your leg;
- You have a tender, red area on your breast that is not relieved by heat, massage and frequent breastfeeding;
- You have to pee often and it hurts to pee;
- You have trouble with constipation;
- You feel sad or emotionally unwell.

Helpful Resources

If you are looking for more information here are some excellent resources:

Baby's Best Chance

<http://www.health.gov.bc.ca/library/publications/year/2017/BabysBestChance-Sept2017.pdf>

HealthLink BC

<https://www.healthlinkbc.ca/> or call 8-1-1 to speak to a Registered Nurse 24 hours a day. Translation services are available in over 130 languages on request.

Healthy Families BC Parenting

<https://www.healthyfamiliesbc.ca/parenting>

Safer Sleep For My Baby

<http://www.health.gov.bc.ca/library/publications/year/2017/safer-sleep-for-my-baby.pdf>

Interior Health websites:

Having a Baby

<https://www.interiorhealth.ca/YourHealth/HavingABaby/Pages/default.aspx>

Baby Blues, Depression and Anxiety

<https://www.interiorhealth.ca/YourHealth/HavingABaby/during-pregnancy/DepressionAnxiety/Pages/default.aspx>

New Baby Package

<https://www.interiorhealth.ca/YourHealth/HavingABaby/BringingBabyHome/Pages/New-Baby-Package.aspx>



Interior Health
Every person matters

Public Health Maternity Care



7 Days a Week, 8:30 am – 4:30 pm

Kelowna and surrounding area 250-469-7070
ext. 13312

Vernon and surrounding area 250-549-6332

Penticton and surrounding area 250-770-3418

Kamloops and surrounding area 250-851-7362

5 Days a Week, Monday to Friday 8:30-4:30 pm (excluding stat holidays)

Kootenay Boundary, East Kootenay areas,
Williams Lake, 100 Mile House

To find your local health Centre phone number go to: www.InteriorHealth.ca. and click on "Find us"

After You Get Home

A Public Health Nurse will call you after you come home from the hospital. The nurse will check how you and your baby are doing and answer any questions you may have.

If you have any concerns before the Public Health Nurse calls, please call HealthLink BC at 8-1-1, your Doctor or Midwife.



Safer Sleep

A baby is safest when put down to sleep on their back, in a crib or bassinet that meets Canadian safety standards, with no quilts, pillows, stuffed toys or other soft material in the crib and bassinet. Have your baby sleep on a separate sleep surface in the same room as you for the first six months.

Biliary Atresia Screening

Remember to check your baby's stool colour every day for the first month after birth. Use the BC INFANT STOOL COLOUR CARD® that was given to you at the hospital. Biliary atresia is a rare but serious liver disease that begins to affect newborns in the first month of life. It can be treated when detected early.

Feeding Your Baby

Your milk is the only food your baby needs for the first six months. While breastfeeding is natural, it isn't always easy and can take time, patience, and support.

- Place your baby skin-to-skin on your bare chest to comfort baby and promote milk supply;
- Feed your baby frequently: 8 or more times in 24 hours;
- Some babies feed very often at first and this is normal;
- When your baby is waking, look for early feeding cues before he starts to cry.
- For more breastfeeding information see <https://www.interiorhealth.ca/YourHealth/HavingABaby/BringingBabyHome/Pages/Breastfeeding.aspx>

You know feedings are going well when:

- Your baby has an increasing number of wet diapers each day and at least two stool (poopy) diapers per day;
- Your baby is content after most feeds;
- You hear your baby swallowing;
- Your nipples are comfortable;
- Your breasts are full before feeding and softer afterwards.
- If you are thinking about using baby formula, please talk with your health care provider and see <https://www.healthyfamiliesbc.ca/home/articles/how-choose-prepare-and-store-infant-formula> for more information.

Call your Health Care Provider if:

- Your baby does not wake for feeds, especially if baby's skin or the white part of his eyes appear yellow;
- Your baby does not have an increasing number of wet and stool (poopy) diapers in the first week of life;
- Your baby has trouble breathing or develops a fever;
- Your baby vomits forcefully an entire feed several times in a row. Spitting up after feeding is not a reason to be concerned;
- Your baby will not stop crying.

No one should smoke inside your home or around your baby. If anyone in your house smokes, ask them to smoke outside.

Interested in quitting? Need help?

Contact: www.quitnow.ca
1-877-455-2233

quitnowca
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If the nurse is coming to your home, please provide a smoke free environment