

YOUR PREGNANCY

Your first week at home.....

you may.....

- notice your vaginal flow becoming darker and decreasing. Flow usually stops in 10-14 days.
- experience discomfort in the area between vagina and rectum (perineum).
- experience constipation
- have fullness and discomfort in your breasts 2-4 days after delivery
- experience a wide range of feelings (pride, happiness, fear, anger, loneliness, sadness)

Suggestions....

- Change pads frequently
- Call your doctor if flow increases (soaking one pad in one hour), or has a foul odor
- Use warm water on perineum to promote healing and comfort
- tighten buttocks before sitting
- sit on flat, padded surfaces
- drink 6-8 glasses of liquids per day
- eat fruits, vegetables and bran cereals
- wear a supportive bra
- discomfort begins to decrease in 24-36 hours for non-nursing women and around 48 hours for nursing women
- nursing women may experience relief by nursing baby and taking warm showers
- accept help from friends and family; baby blues are common and can occur 3-4 days after birth (over)
- rest when baby rests

Health Tips:

Your appetite may vary. Breastfeeding women need an additional 500 calories per day. Changes in your hormone levels may cause you to become fertile before your periods resume. This could result in pregnancy unless you use a contraceptive.

The Health Department has family planning clinics that can provide you with information on methods of birth control and birth control supplies. Ask your nurse for further information or call 1-800-432-4121 for an appointment.

Remember.....Call your doctor and make an appointment for your check-up!

Breastfeeding Support and Information:

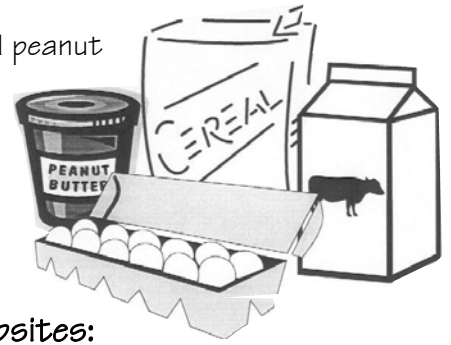
- Northern Michigan Regional Hospital Breastfeeding Counselor, 487-7195
- La Leche League - Jennifer Lucier 348-7976
Monthly Support meetings 2nd Wednesday at 10:00 at Community Health Education Center; phone support is also available.
www.llusa.org/web/PetoskeyMI.html
- Danica Howard—Breastfeeding Counselor
Health Department (231) 347-4630



Postpartum information is available for all new mothers at the **Community Health Education Center (231) 487-4762.**

Just a Thought... Having a baby is often an emotional time for mothers and fathers. Mothers may experience crying, sadness, mood swings, and fatigue. These are normal feelings after the birth of a baby. When these symptoms last longer than a month or interfere with daily life, call your health care provider.

WIC (Women, Infants and Children) provides milk, eggs, cheese, juice, cereal and peanut butter for pregnant and nursing women and children ages 1-5. It also provides formula, juice and cereal for infants. A family of four (4) that earns less than \$42,643 per year may qualify. Your income may have decreased now that you are home with your baby. Just call (231) 547-0295 or 1-800-432-4121 and we can tell you if your income is within the WIC guidelines.



For helpful tips and health information, please visit the following websites:

www.aap.org

www.1800earlyon.org

www.mywebmd.com

For baby information and products:

www.babycentral.com

For information and resources for children and families:

www.bridges4kids.org

www.marchofdimes.org

www.kidshealth.org

For breast feeding help:

www.lllusa.org

www.wichealth.org

For smoking cessation help:

www.michigan.gov/tobacco

www.quitnet.com

For dental information:

www.ada.org

**Northern Regional Michigan Hospital, Chippewa County Health Department,
District Health Department No. 4, Luce-Mackinaw-Alger and Schoolcraft Health Department
and Health Department of Northwest Michigan**

Counties of:

Antrim - Bellaire
209 Portage Dr.
Bellaire, MI 49615
(231) 533-8670

Antrim
Mancelona
205 Grove St
Mancelona, MI 49659
(231) 587-5044

Charlevoix
220 W. Garfield
Charlevoix, MI 49720
(231) 547-6523

Emmet
3434 Harbor-Petoskey Rd.
Suite A
Harbor Springs, MI 49740
(231) 347-6014

Otsego
95 Livingston Blvd.
Gaylord, MI 49735
(989) 732-1794

For an appointment at one of these offices, please call (231) 547-0295 or 1-800-432-4121

In Chippewa County, please call 1-906-635-1566

District Health Department No. 4, please call 1-800-221-0294

Luce-Mackinaw-Alger-Schoolcraft counties, please call 1-800-562-4832