

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,

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)

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.

Meeting with other moms and babies is helpful and fun! For more information, contact the OMH Parent Educator at 989-731-2124 or visit www.otsegomemorialhospital.org.

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

Breastfeeding Support and Information:

- Deb O'Neill - Breastfeeding Counselor
Health Dept. - (989) 732-6867
- Breastfeeding Support
Otsego Memorial Hospital - (989) 731-2112



Please inform us if your name or address changes or if you wish to stop these newsletters by calling (231) 547-0295 or 1-800-432-4121

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 secondhand smoke information:

www.surgeongeneral.gov/library/secondhandsmoke.pdf

For dental information:

www.ada.org

Otsego Memorial Hospital and Health Department of Northwest Michigan

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Antrim
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220 W. Garfield
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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