



# My first week at home

- ♥ Welcome home!
- ♥ There are so many good things to learn about your new baby! The love affair begins...

## Did you know?

- Your milk supply will increase 2-4 days after delivery.
- Breast discomfort begins to decrease in 24-36 hours for non-nursing women and around 48 hours for nursing women.
- Frequent nursing will help increase supply and decrease discomfort.

Changes in your hormone levels may cause you to become fertile before your period resumes. This could easily result in pregnancy unless you use a method of birth control.

The Health Department has family planning clinics that can provide you with information on methods of birth control and birth control supplies.

Call **1-800-432-4121** for an appointment or your health care provider.

## Your appetite may vary.

Breastfeeding women need 500 more calories per day and an increase in fluid intake.



### You May

- ♥ Notice your vaginal flow becoming darker and decreasing.
  - Change pads frequently
  - Call your doctor if flow increases (soaking one pad in one hour) or has a foul odor
- ♥ Experience discomfort in the area between vagina and rectum (perineum)
  - Use warm water for healing and comfort
  - Tighten buttocks before sitting
- ♥ Sit on padded surfaces
  - Experience constipation
  - Drink 6-8 glasses of water/day
  - Eat fruits, veggies and high fiber foods

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

- Rest when the baby rests.
- Accept help from friends and family.
- Make time for yourself.

## Smoking Cessation Facts

- If you need support to stay quit, the Michigan Quit-line is available. Call **1-800-QUIT-NOW**.
- Babies who breathe second-hand smoke are at risk for Sudden Unexplained Infant Death.

# Check out these websites and apps for FREE info!



Text4Baby.org  
<https://text4baby.org>

WIC Nutrition Website  
[www.michigan.gov](http://www.michigan.gov)

GooglePlay: Cessation Nation

Michigan Tobacco Quit Line  
<https://michigan.quitlogix.org/>

Smokefree.gov Smartphone Apps  
<http://smokefree.gov/apps-quitstart>



## Things We Need

- ✓ Safe crib or bassinette for baby to sleep.
- ✓ Approved car seat for travel.



## Things to Do

- ✓ Rest when Baby sleeps.
- ✓ Ask for help when needed.
- ✓ Remember to drink water when breastfeeding baby.



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**HEALTH DEPARTMENT**  
of Northwest Michigan

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