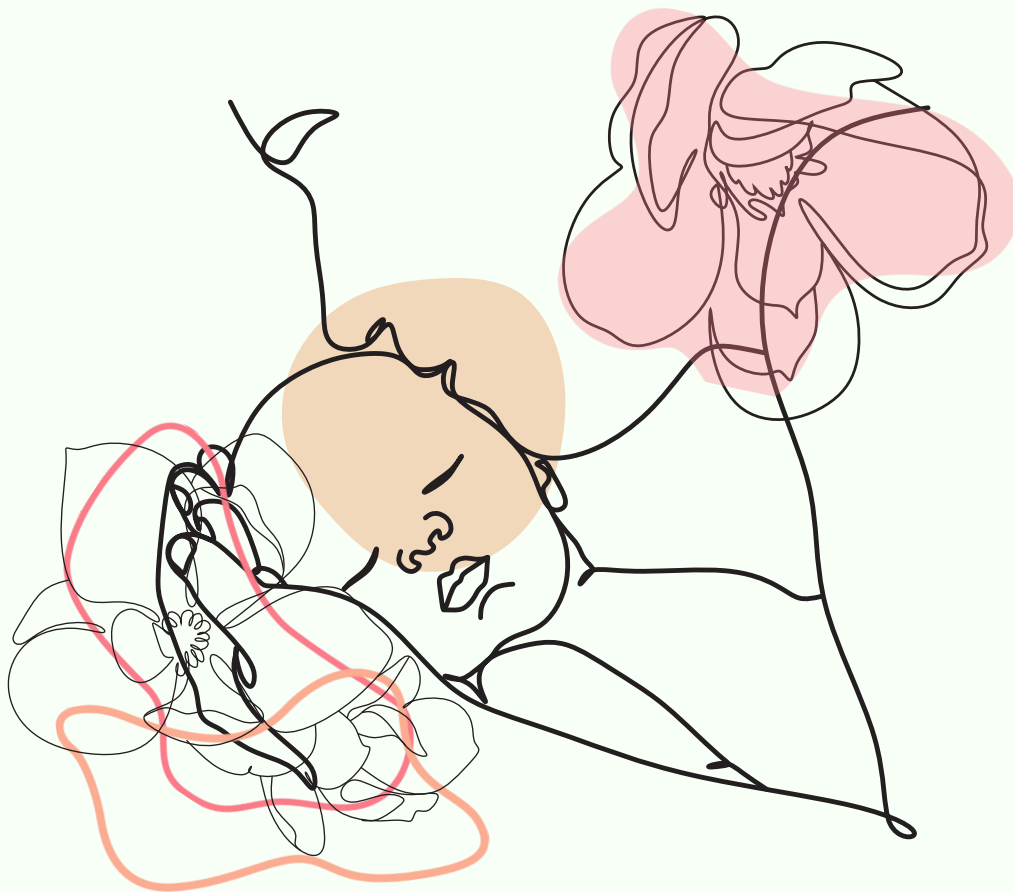


KNOW YOUR BODY OWN YOUR BIRTH

PRENATAL PROGRAM WORKBOOK 2 AFTER THE BABY ARRIVES



PRESENTED BY



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Disclaimer

The information presented here is for general purposes only and is not to replace the advice of a licensed health professional who is monitoring you and your baby's well-being during your pregnancy.

The purpose of this information is to educate and empower you as you prepare for your upcoming childbirth experience. Any health concerns or changes in your health or the health of your pregnancy should be addressed with your primary care providers. The instructors of this course are not liable for any medical situation that arises during your pregnancy and childbirth and post partum.

About Us



We are a collective of Naturopathic Doctors who provide expert care in doula support, perinatal services and education throughout pregnancy, birth and postpartum

Our team of compassionate professional women includes Naturopathic Doctors, Birth Doulas, Lactation Consultants, Infant Sleep Educator and a Post Partum Doula. We aim to provide you your much needed "village" to help you get a positive start to new parenthood. * These services available in Ontario only.

www.yourdowntowndoula.com



Cornerstone Physiotherapy was founded in 2008 by two physiotherapists with a passion for combining clinical excellence with outstanding customer service. Since then, we have grown from one downtown Toronto location that started with 3 physiotherapists, to locations all over the GTA, with multi-disciplinary teams and specialty programs including orthopedics, vestibular rehabilitation and over course pelvic floor physiotherapy.

You will find that despite this growth each clinic you enter still has that comfort and feel of a small clinic with practitioners who truly care and provide 1:1 individualized sessions with the focus on getting you better faster and helping you to achieve all your goals no matter what those might be.

www.cornerstonephysio.com

Newborn baby CHECKLIST

FEEDING BABY

- 6-12 burpcloths
- Breastpump, Haakaa
- Milk storage containers
- Nursing pillow
- Nipple ointment
- Nursing bras and tops
- Rocking chair or comfortable yet supportive chair that is easy to get in and out of while feeding baby
- Sterilizer for bottles, nipples & breastpump parts (or just boil them)

IF FORMULA OR BOTTLE FEEDING

- Eight 4oz bottles with low flow nipples
- Brushes for cleaning bottles and nipples
- Sterilizer for bottles & nipples (or just boil them)
- Thermal bottle carrier

DIAPERING

(contact for cloth diaper checklist)

- 2 boxes of newborn sized diapers (don't buy too many in case baby is larger or grows quickly)
- Change pad
- Change table or other sturdy surface to diaper changing
- Skin ointment/barrier cream to treat or prevent diaper rash
- Baby wipes (or washcloths just for diaper changes)

CLOTHING

(Quantities are a suggestion. You may need more or less depending on the season your baby is born)

- 6-10 receiving blankets
- 6 swaddling blankets
- 6-10 onesies (mix of long & short sleeved body, with and without leggings)
- 6-10 outfits (separates, tops and bottoms)
- 2 newborn hats
- 6-12 pairs of socks (can double as mittens to prevent face scratching)
- 1-3 outfits for dressing up and photo ops (optional)
- Unscented laundry detergent (softener not needed)

OUTDOOR CLOTHING

- Light jacket or sweater for fall, spring, cool summer days)
- Fleece jacket to wear in carseat (no bulky winter jackets, snowsuits or bunting bags for carseat)
- Blankets to cover baby while in carseat
- Winter accessories (hat, mittens, boots etc)
- Infant car seat cover

BATHTIME

- 1 infant bath tub or basin (you can also bathe baby while you shower/ bathe)
- 12 washcloths (not used for diaper changes)
- Unscented natural soap (you don't need a separate shampoo for baby)
- Soft bristled hair brush or find comb with rounded tips
- 3 hooded towels

SLEEPING

- Safe location* and approved devices/ furniture designed specifically for baby sleep (some suggestions are: crib, co-sleeper, pack-n-play, bassinet, baby box etc)
- Mattress used for infant should be firm
- 2-3 waterproof covers to protect sleeping surface
- 3-6 fitted mattress sheets
- Sleep sack

A *safe sleeping location is free from chemicals and smoke, no gaps that a baby could roll into and get stuck. Mattresses should fit snugly in crib frames. Furniture that attaches to your bed (such as a co-sleeper) should have no gaps. No loose blankets, pillows or stuffed toys that could end up over the baby's face. Mattress or sleep surface should be firm (no memory foam)

Different countries have different safety standards for baby items including baby furniture and devices. It is strongly advised that you buy products sold in Canada that meet Canadian safety standards.

PLAYING

- Items or toys that create sounds like rattles, music, squeakers
- Items or toys with strong contrasting colours (newborns can see and have more interest in strong patterns) ie. mobiles
- Variety of toys with different textures, vibrate and create different kinds of stimulus for baby
- Teething toys (look for BPA-free plastic, silicone or unfinished wood)
- Playmat - one for travel (a blanket will do too) and mats for hard floors
- Pack-n-Play (useful for travel, sleeping and as a safe space for baby)
- Books to read to baby
- Journal to record milestones and memories

TRAVELLING

- Approved rear-facing car seat for infants
- Stroller that can incline flat or have a bassinet
- Baby carrier or sling
- Baby wearing coat or a cover for over a baby carrier
- Wet bag for soiled clothing
- Diaper bag
- Travel change pad
- Sun shade for car window

BABY WELLNESS

- Mucus suctioning device
- Saline spray for infants
- Baby thermometer
- Fever reducing medicine (such as acetaminophen, do NOT use aspirin in infants)
- Safety tipped scissors (for cutting nails; useful tool)
- Items to soothe teething such as teething rings (numbing medications are not recommended) teething can start as early as 3 months
- A file to keep medical records

Postpartum Recovery

WHAT TO EXPECT

Immediately after the birth, during the early postpartum period is an important time for you as a new parent and an important time for you to recover, rest and care for your new baby. You have accomplished an amazing journey -- growing your baby and giving birth! You may experience many different emotions, different sensations in your body and highs and lows in your energy.

Your body is different now. It has evolved for pregnancy, childbirth and breastfeeding. Many are quite surprised by how their body looks and feels. Let go of unreal expectations (from society, your friends, your partner, yourself) of how your body should look after pregnancy or how quickly your body should "bounce back" after pregnancy.

Give your body and yourself credit for being a part of the miracle of life.

The first 6 weeks immediately after birth are very important for recovery. Your body will undergo many physical changes as part of recovery:

Your Uterus and Postpartum Cramps

After birthing, your amazing uterus will now shrink back down to its non-pregnant size. It will be checked to make sure that it is firm and contracting down. Breastfeeding and nipple stimulation signal the brain to produce oxytocin, which causes the uterus muscles to tighten. Fundal massage can help too: firmly kneading the low abdomen encourages the uterus to contract and tighten. Within 4-6 weeks the uterus will be back to its non-pregnant size.

Expect cramping to occur up to several days after the birth: a good sign that the uterus is returning to its non-pregnant size. They may come and go and vary in intensity. (It is often stronger with subsequent childbirths). Breastfeeding and nipple stimulation may bring them on. Over the counter medication and breathing techniques can help ease them. Your doula may have other tips to help you deal with them.

Postpartum Bleeding

There will be some bleeding (lochia) that looks similar to a heavy menstrual period. It may start out heavy with occasional clots and gradually diminish over 2-6 weeks. You may notice that it is quite heavy once you stand up after lying down for a period of time; this is normal as the blood may have collected while you were lying down. Report to your healthcare provider of very large clots, if heavy bleeding continues for days, if upon standing sudden heavy bleeding continues for several minutes, if you feel suddenly or increasingly faint and if heavy bleeding returns after the lochia has clearly reduced.

Postpartum Recovery

WHAT TO EXPECT

Perineum Care

After a vaginal birth, your perineum may be sore and swollen and you may want to avoid touching or looking “down there”, but rest assure your perineum *will* recover and go back to looking and feeling normal. If you have stitches, there may be some discomfort.

Here are some suggestions to increase your comfort and healing:

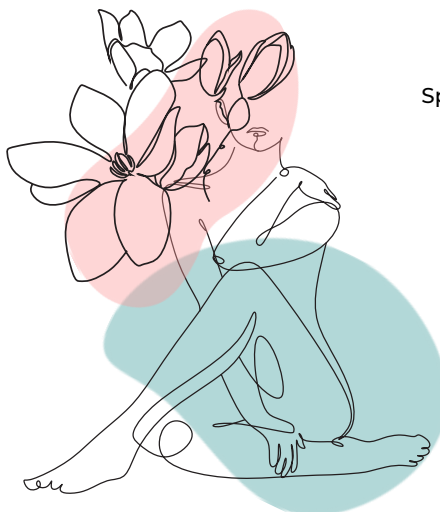
Ice packs. Divide the contents from a bag of frozen vegetables (like peas, corn) into 2-3 smaller zip-lock bags (about 1-2 cups of frozen veg per baggie). To use, wrap an ice pack with a paper towel or thin cloth and apply directly on the perineum for as long as needed. Switch the ice-pack when it starts to thaw out.

Sitz baths. You can use a sitz bath device that you fit over your toilet or use your bathtub. Fill the tub to 6 inches deep or fill the sitz bath with warm water (but not too hot). Dissolve 2 cups of epsom salts in the tub or 1 cup in the sitz bath. Soak for about 20 minutes or more per day.

Padsicles. Take an extra large menstrual pad and lightly soak with water. Spread a generous amount of alcohol-free witch hazel gel over the surface of the pad. Prepare a few pads and place in the fridge. Witch hazel has a soothing and astringing effect that helps reduce swelling. For extra soothing, soak the pads with a herbal infusion of comfrey leaves, calendula flowers, yarrow flowers, lavender flowers**

Peri Bottles. Available from hospitals or medical supply stores, but you can also just use a plastic water bottle with a spout. Keep 2 peri bottles near the toilet and fill 1 with warm and 1 with cold water. While urinating, squirting the vaginal area with warm water can make you more comfortable. Finish rinsing with cool water. Alternating warm and cool perineum washes (first wash with warm, then cool and repeat a couple of times) can promote healing. You can also use herbal infusions to your peri bottles for extra soothing

Stay off your feet and avoid unnecessary lifting or squatting. Avoid the added pressure on the perineum.



Specific information, advice and tips on pelvic floor health, including bowel and bladder function are covered in more detail in the Workbook 3 (Your Pelvic Floor) and with your Pelvic Floor Physiotherapist

Postpartum Recovery

WHAT TO EXPECT

C-Section Care

Recovering from a C-section will require extra help. If possible, get extra support from your partner (who may need more time off work), from other family members or perhaps consider hiring help from a postpartum doula, home helper etc

C-section Scar Care:

- Minimize bending forward, carrying or moving heavy items
- Limit going up and down the stairs to 2-4x/ day. Set up each floor of your home so everything is within reach: food and drinks, washroom, baby changing items and baby care items.
- Wear clothing that is loose fitting and the waistband sits above the incision
- Use wedges and pillows to help support your body when you are sitting
- Keep the scar area clean: Allow the soapy water from your bath or shower to flow over the area. Avoid rubbing or scrubbing the area. Gently pat dry. Do not use rubbing alcohol or other antiseptic cleansers as this can irritate and prevent proper healing
- Allow the area to dry and stay dry.
- Padsicles and periwash: If you had prepared these items before hand, you can still use the padsicles on the incision to help with swelling and healing. Periwash can be used as rinse over the incision when you have a shower.
- Self-massage with castor oil: After 6 weeks postpartum, massaging the scar can help soften the tissue and release any tension or adhesions below. Refer to workbook 3 of this program for more details and instructions.
- Specific information, advice and tips on physical recovery and exercise for post C-section are covered in more detail in Workbook 3

Additional Recovery Tips (for both vaginal births and C-section births):

Build your village! Your only role is to feed your baby (if you are exclusively breastfeeding) and rest and recover so your body can restore itself. Where possible have someone else prepare meals, do shopping, cleaning etc

Health professionals are also key in helping with the medical side of things: Your midwife or OB, family doctor, mental health providers, naturopathic doctors, pelvic floor physiotherapist, massage therapists, chiropractors, osteopaths etc can all be part of a smooth and healthy recovery.

Planning on breastfeeding? Get help from a lactation consultant right away! C-sections and interventions can delay breastmilk production. Having knowledgeable and constant support can be key in helping you meet your breastfeeding goals and intentions.

Recovery through good nutrition: Bone broth is a highly nutritive and rich in amino acids, collagen, proteins, iron, calcium and other minerals to aid in recovery. Focus on proteins, healthy fats (nuts and seeds), high fibre (fruit and vegetables) and whole foods. A naturopathic doctor can also make recommendations on supplements to address any deficiencies or areas of concerns during your recovery (she will also know what is safe while breastfeeding).

Slow. Down. It can take up to 6 weeks to fully recover from major abdominal surgery. It can take 6 weeks before you feel like your "normal" self. Avoid multi-tasking. Avoid running errands. Outside of baby care, do things because you enjoy them and it allows you some breathing space. Go for a walk. Take lots of naps. Enjoy the sun.

Research has given us insight into six themes related to postpartum mental health. Work through the reflection questions in each area to prepare yourself for life after birth.

Prioritizing self care

Refers to sleep/rest, eating healthy food, exercise/physical activity, and taking a break from your child when needed. More specifically, this refers to the feeling of entitlement to self care, to take care of yourself guilt-free, and to ask for help to make it happen.

Do you prioritize self care in your life right now? Can you see how prioritizing self care is an important part of parenting? What strategies can you create for prioritizing self care after you have a baby?

Having enough help

Asking for, accepting, and expecting a higher amount of help and assistance in your postpartum period is critical for your self care, recovery, and overall well being. This can mean both physical and emotional support.

How do you feel about asking for help, in general? Are you someone who tends to take everything on by yourself? Do you shy away from asking for help? What will make it easier for you to lean into the supports that are available to you after you give birth?

Feeling understood

When we have people in our life who understand the ups and downs of being a new parent, people who can validate our experiences and reflect them back to us, it makes us feel normal. It makes us feel less alone. It makes us feel like we have community.

Are there people in your life with whom you feel safe to share all your parenting ups and downs? Do you know any other people having a baby around the same time as you? If you don't, can you think of ways to try and create this type of community for yourself?

Preparing For Great Postpartum Mental Health

Having manageable situational stress

We can't always control the circumstances in our lives; we may have other stressful events happening while we are pregnant and postpartum. What we can do is seek support from others to help make our stress feel manageable.

What other stressful events are going on in your life right now? Are they manageable for you, or do you feel overwhelmed? Do you have a support system in place?

Feeling ready for the baby

This is about feeling physically rested and well before baby arrives, feeling emotionally ready for your baby, and feeling like you have all the information you need to feel confident about parenting your baby.

Are you prioritizing rest and self care during your pregnancy? How do you feel about having a baby at this time in your life? Do you feel prepared for life after birth? Where do you feel you could use more information or resources?

Having realistic core beliefs and expectations

Every parent will experience a discrepancy or gap in their expectation of what postpartum life will look like, and the reality. The smaller the gap, the easier the transition will be. Additionally, challenging dominant cultural messages and myths (such as "Bonding should happen immediately" or "I must breastfeed to be a good parent" or "I must sacrifice everything for my child") can help us adapt in our immediate postpartum time and beyond.

What do you think life with a newborn is going to be like? How do you think you can best prepare for it? What beliefs do you have about what a "good parent" should look like?



Post Partum Planning Worksheet

Your Post Partum Plan should include ways to maximize your recovery, your support system and your ability to care for your new baby as a family unit. Remember, it takes a village to raise a child and new parents need a village. Use this basic checklist to help you brainstorm your post partum plan.

Who do you currently have in your village and how do they or can then support you? (think of willing, reliable and available people in your life like family members, friends, co-workers, neighbours etc)

Who and where else can you add to your village? This could include hired services and professionals such as health care professional, therapists, food delivery and housekeeping services, community centres, public services, libraries

Set up a command central where you can sleep, eat, feed and change the baby and access the washroom within "arms reach".

What are ways for you to have nourishing foods that are ready to eat or easy to prepare? Consider pre-made batches of food, food delivery services and the help of friends and family members

How can you and your partner (if you have one) divide up baby care?



Post Partum Planning Worksheet

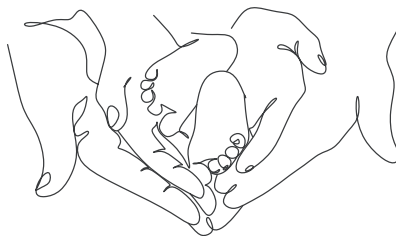
What are ways for you to have help with things like housework, cleaning, laundry etc?

Make a list of the routines for your physical care (ie. perineal care, C-section recovery)

Make a list of routines for your emotional and mental care (ie. Connecting with others, constant communication with your partner, checking in with a care provider or therapist)

Make a list of strategies to ensure you get rest and sleep (ex. sleep when baby sleeps, nighttime strategies, working with your partner)

Get a positive start on new parenthood! We can help you with post partum planning and support -- build your village!
Learn more at www.yourdowntowndoula.com



BREASTFEEDING BASICS

Need help? Your Downtown Doula has a team of lactation consultants! We invite you to book a free 15 minute consult to get you connected

A GOOD LATCH



A good latch is any latch that doesn't hurt and allows baby to get a lot of milk.

Deep, wide and asymmetric:

Baby does a chin plant into the breast and has a wide open mouth. Lots of tissue in their mouth, not just the nipple.

- Nose is far away from the breast while the chin is in deeply.
- More of the areola is visible above the upper lip than under the lower one.

HOW TO TELL IF BABY IS GETTING ENOUGH

Signs that Baby is getting enough include:

- Enough wet and dirty diapers -at least 6 heavy, wet diapers and 3 poops per day by the time they are a week old
- They should be generally content
- They are gaining weight well
- You can see and hear drinking while they are at the breast

Get expert breastfeeding help!

Book a free 15 minute Meet and Greet with one of our ND IBCLC team members!

Contact us: info@yourdowntowndoula.com

BREASTFEEDING BASICS

PAIN

No amount of pain is normal! Breastfeeding should not hurt, ever- not in the first few days, not ever. If you are having pain, try to adjust to get a deeper latch, leaning back is often an easy way to do this. If that doesn't change things, get help!

P.S. pumping shouldn't hurt either! If you're having pain, check your flange size.



WHAT TO EXPECT IN THE FIRST WEEK

A newborn baby feeds very frequently! You will hear "every 2-3 hours" as an average. But only your baby knows when they are hungry- so go by their cues!

This could be every 3 hours or every 30 minutes- depending on the time of day and how efficient the previous feed was.

Cluster feeding (1-2 days of very frequent feeding) is normal in the first week and is important for establishing your supply

Feeding cues include: bringing their hands to their mouth, moving their tongue in and out of their mouths, rooting (on anything and everything)

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BREASTFEEDING BASICS



PUMPING?

You don't NEED to pump. Pumping isn't a great way to gauge your supply, because a baby with a good latch will remove milk much more efficiently than a pump

BUT, if you need a store of milk, or are trying to boost your supply, pump as soon as possible after a feed. That way you're not taking milk that your baby would otherwise have been drinking.

If your baby has trouble latching, early and frequent milk removal is the best way to establish your supply. This can be done using a pump or by hand expression.

WHAT CHANGES AS MY BABY GROWS?

As your baby gets older, they will go longer in between feeds, but you may still notice that they feed frequently in the evenings. You may also have days where your baby feeds more than others. That's normal.

Other things that could affect feeding include illness- it's hard to eat when you have a runny nose, teething, or changes in flow.

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Lactation Cookies

To help increase breast milk production

WITH GLUTEN AND DAIRY FREE OPTIONS

Ingredients

- 4 tbsp water
- 3 tbsp flaxseed meal
- 1 cup butter or coconut oil
- 1/2 cup of sugar
- 1 cup brown sugar
- 2 eggs
- 2 teaspoon of vanilla extract
- 1 1/2 cups whole wheat flour or GF oat flour
- 1 tsp baking soda
- 1/2 tsp salt
- 4 tbsp of brewer's yeast (if you can't find GF then substitute with nutritional yeast)
- 3 cups of oats
- 1 cup dark chocolate chips (optional)
- 1/2 cup chopped nuts, seeds and/or raisins(optional)

Directions

- Heat oven to 350°F.
- Mix flaxseed meal and water. Let sit for 3-5 minutes.
- Beat together butter, sugar and brown sugar well. Then mix in eggs, vanilla and flaxseed mix.
- In a separate bowl mix flour, baking soda, salt and brewer's yeast.
- Add dry ingredients to butter mix.
- Stir in oats and optional ingredients
- Scoop 1 1/2 tbsp amounts of batter onto a baking sheet
- Bake for 10 -12 minutes.
- Let cool.
- Makes about 20 cookies. Store in an air-tight container 1 week (or freeze for 1 month)

Infant Sleep Basics

Understand What is Normal Infant Sleep

Compared to other animal babies, human babies are born very "undeveloped". Their brain is only 1/4 the size of an adult brain. They cannot feed themselves or control their body functions in any meaningful way. They are 100% dependent on another adult human for survival. Therefore their inner programming around eating and sleeping are designed to maximize their survival and development during the first year of life, especially in the *first 3 months*.

When it comes to sleep, the newborn brain is wired to have short sleep cycles (30 - 45 minutes), avoid very deep sleep, and wake up frequently (every 1-3 hours) in order to allow for frequent breastfeeding and maximize growth and development. In the first 3 months the newborn brain does not have a circadian rhythm (follow day and night cycles) so the baby will wake and sleep as needed over the 24 hour day.

The immature baby brain is incapable of self-soothing. Strategies and products that try to force a baby to go into long periods of deep sleep actually work against this protective inner programming and can end up frustrating, confusing and stressing out parents and babies.

Over the history of humans, culture and society has changed dramatically and modern society often strives for babies to sleep independently as soon as possible. However, your baby's "sleep genetics" has not changed from our ancestors and so modern expectations on baby sleep clashes with what your baby is designed to do.

We also fear that babies will "get used to" things like being held, rocked and breastfed to sleep. What we forget is that for 9 months a baby was constantly held, rocked and fed 24/7 while in the uterus. Not only are they use to it already, but it is what kept (and will continue to keep) your baby alive and thriving.

Infant Sleep Basics

Safety First

It is highly recommended that babies sleep within "sensory proximity" to parent for the first 3-12 months. Sensory proximity is the distance close enough where baby can see, smell, hear and feel the parent. This closeness helps protect babies and reduce the incidence of SIDS (Sudden Infant Death Syndrome). It also benefits breastfeeding. This usually means the baby is sleeping in the same room as you.

A safe sleeping location for naps and night time is free from chemicals and smoke, no gaps that a baby could roll into and get stuck. Mattresses should fit snugly in crib frames. No loose blankets, pillows or stuffed toys that could end up over the baby's face. No cords or strings near by. Mattress or sleep surface should be firm (no memory foam).

Use furniture or devices designed specifically for baby sleep. Some suggestions are crib, co-sleeper, pack-n-play, bassinet, baby box. Car seats and swings are not safe places for overnight sleep.

Have baby sleep on their back and avoid overheating the baby with too many layers or tight swaddles.

Different countries have different safety standards for baby items including baby furniture and devices. It is strongly advised that you buy products sold in Canada that meet Canadian safety standards.



Infant Sleep Basics

How to Approach Sleep

Be kind to yourself!

Let go of sleep expectations in your newborn. Instead, tune into your baby and learn their rhythms and patterns. Decide for yourself your approach to your baby's sleep and what will work for you and your family in a safe and healthy way.

Calm sleep routines and sleep associations:

Your baby is able to make associations, both positive and negative. For night time sleep, develop a consistent routine with associations that calm your baby: dim lights, change into sleep clothing, soft voices, bedtime story or song etc, Learn what your baby likes and dislike, as it may very different from your own preferences! For example, you might find a warm bath relaxing before bed, but for some babies a bath can be very stimulating.

Associations for daytime naps can be different and it is OK for baby to sleep in bright light and while in motion (like in a stroller or baby carrier). Lengths of day time naps throughout the day can be different (for example, the first nap of the day may be the longest and the last nap before bedtime may be the shortest).

On the other hand, anything that increases stress and frustration in you during sleep routines will increase stress in your baby. If you find yourself fighting with your child, reconsider the routine and timing.



Infant Sleep Basics

Common sleep associations for baby

Breastfeeding
Rocking or movement
Gentle patting
Gentle jiggling
Music
White noise
A song you sing
Reading a bed time story softly
Going for a walk in the stroller or carrier
Sleep clothing
Your smell on a bedding
Bath before bed
Massage
A quiet time period before bedtime
Dimmed or dark room

**You and your baby decide what are the best ways to fall asleep that works for your family

Learn patterns and rhythms rather than create strict schedules:

Your baby is constantly changing and anything that is working (or not working) today will likely change in a couple weeks. Instead of enforcing strict schedules, understand your baby's pattern. For example, make notes of first wake up time, first feed, how long until baby shows signs of being tired, what are those tired signs, how long baby sleeps at first nap and observe this pattern throughout the day.

In time, make note of things like baby's development and activities. New developmental milestones will change sleep patterns. Also note how your own schedule and activities affect your baby's patterns.

Infant Sleep Basics

Signs of a tired baby

Yawning
Looking away
Rubbing eyes
Glazed or sleepy eyes
Sucking on hands

Rubbing or hitting their head on you
Fussiness (late sign)

Involve both parents or other people

Sleep and nighttime parenting should not fall on just one person, even though it often does. It is important that your partner or another trusted consistently present adult also be involved in sleep routines so your baby can make sleep associations with them and ease responsibilities from you.

Other factors that can interfere with sleep and should be investigated

Breastfeeding issues
Tongue tie
Torticollis (muscles in neck cause abnormal position of head)
Airway issues (snoring and open mouth breathing are not normal in babies)
Sensory processing differences (ie. some babies are much more sensitive to certain stimuli than others)
History of birth trauma
Developmental issues

Sleep is one of the top concerns for parents. Book an appointment with our sleep consultant! Covered by insurance.
info@yourdowntowndoula.com

S.A.F.E.B.A.S.E.

Guidelines for safe bed-sharing

S **moke-free** (no smoking, no vaping)



A **lert** (no drugs, no cannabis, no sleepy medication, no alcohol)

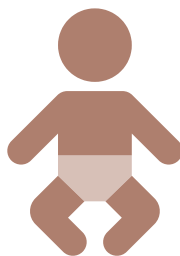
F **ull-term** and healthy baby



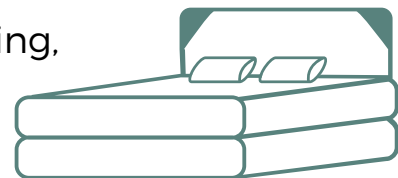
E **xclusively** breastfeeding only



B **ack** sleeping position

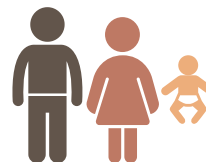


A **void** overheating baby (no swaddles, no sweating, cooler room temps)



S **afe surface** (firm mattress, no gaps, no blankets, no pillows, no toys, no cords or strings, away from wall)

E **verybody** knows that baby is in the bed





Infant Massage

A QUICK GUIDE FOR PARENTS



Benefits of Infant Massage

For baby helps with:

Cognitive development
Immunity
Sleeping and breastfeeding

For parents helps with:

Bonding with baby
Reducing stress and improving mood
Parenting skills

You will need...

Food grade oil such as almond, avocado, sesame oil or similar. Avoid petroleum based oils such as "baby oil" or mineral oil. Unscented is best.

A safe surface that baby won't fall from covered with a towel.

To remove your jewellery and undress baby (diaper is optional)





Massage your baby when they are in a "quiet alert" state

Baby is alert and calm. Do not massage a crying, fussy or sleeping baby.



Communicate with your Baby

Your baby is allowing you to massage them.

Talk to your baby as you massage them.

"It's massage time!

Are you ready for your massage?"

Show them as you rub massage oil
between your hands

Describe what you are doing as you massage
them

Basic Massage

Legs

Arms

Chest

Stomach





"Let's massage your legs"

Make "C" shapes with both hands.

Start at the base of one leg and with steady gentle pressure glide the hand towards the feet and toes, massaging the entire length of leg. Alternate your hands as if you are pulling in a rope.

You can gently twist your hands to massage the top and bottom of leg.

After a few strokes, repeat for other leg.

"Let's massage your arms"

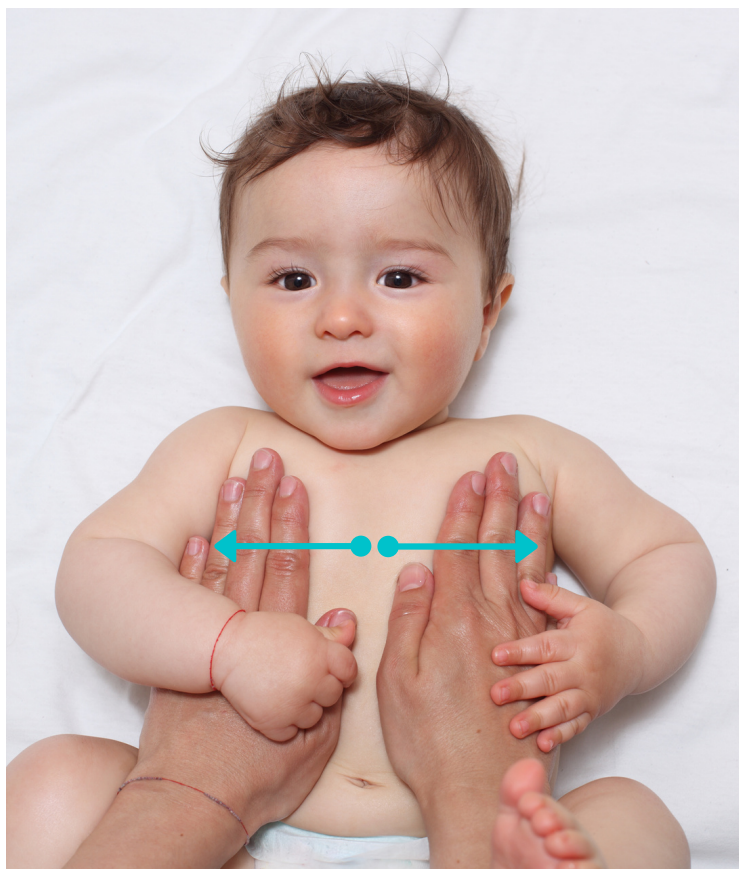
Make "C" shapes with both hands.

Start with one arm at the shoulder and with steady gentle pressure glide your hand towards your baby's hand.

Just as with the legs, you can alternate your hands and gently twist your hand to massage all the arm muscles.

After a few strokes repeat for other arm.





"Let's massage your chest"

Gently rest your hands on baby's chest with thumbs next to each other down the centre

With steady gentle pressure glide hands apart towards the sides of baby's chest

"Let's massage your stomach"

Gently rest your hands on your baby's abdomen.

With steady gentle pressure, glide your hands downwards to the low abdomen.
Baby's lower abdomen should be yielding and baby is comfortable.

Alternate your hands as you massage.



Learn the complete baby massage routine with our trained infant massage instructor. Eligible for insurance coverage

info@yourdowntowndoula.com

Free Post Partum Resources

Get in touch with your local city-run resources, usually free or low-cost for residents.
Google search "(your city) new parents"

Breastfeeding Peer Support

La Leche League (www.lllc.ca) is a not-for-profit in Canada and all over the world. They offer peer-to-peer feeding support free of charge. Their in-person meetings are open to expecting parents as well, to prepare for feeding their baby. Visit the website to find your local group and/or get in touch with a leader for support.

Mental Health

www.postpartumsupporttoronto.com is a not-for-profit run by perinatal counsellor Olivia Scobie. There are lots of free resources available on the website, including several therapeutic courses and a mood support planning ebook. They also have a wonderfully supportive Facebook community (Postpartum Support Toronto Solidarity Group).

Food and Meals

A great idea for expecting parents (or better yet, their friends) is to set up meal drop-offs from family and friends. It can even be a porch drop-off with no social interaction if you don't feel up to that. **www.mealtrain.com** and **www.takethemameal.com** are both good websites to help organize this.

Intimacy and Sex

www.postpartumsex.com is a not-for-profit that offers resources including a support group, a Facebook community, and a directory of therapists.

Babywearing

www.carrymeclose.ca is a not-for-profit run by babywearing educators. They have an excellent Facebook group, and in non-pandemic times they host in-person meetups where parents can try on different carriers or get help with the one they have.

Be fully prepared for life after birth!

We have offer daytime and overnight babycare support with one of our ND doulas.

Contact us: info@yourdowntowndoula.com

Acupuncture

FOR PREGNANCY, LABOUR & CHILDBIRTH AND BEYOND

Acupuncture is a therapy that involves inserting very fine, sterile, single use needles into different areas of the body. It has been used for thousands of years in asian cultures and works to stimulate different pathways in the body to ensure the proper flow of "qi" or life energy. The theory is that when there are blockages in these pathways, then symptoms or problems appear.

Because it is drug-free, acupuncture can be used safely in pregnancy and after the baby is born to help you with a variety of concerns:

During Pregnancy

Nausea, vomiting and heartburn
Headaches
Low back and pelvic pain
Lower leg swelling
Carpel tunnel syndrome

Turn breech baby
Childbirth preparation
Labour induction

Post Partum

Help with post partum pain and recovery
Help with breastfeeding and breastmilk production
Mood and energy support
Help with sleep



Our team members offer acupuncture services. Learn how it can benefit your pregnancy, childbirth and recovery!
info@yourdowntowndoula.com

Pelvic Floor Health

Did you know

"Peeing a little after your laugh or cough" is *not* a normal part of having kids?

What is pelvic floor therapy and why do I need it?

Pelvic floor therapy looks at how your muscles of the pelvic floor are functioning and then works with you to target concerns. This may be something you've never thought of before, but your pelvic floor is responsible for a lot of important things. It controls how and when you go to the bathroom, it supports your baby in utero, helps you in childbirth and allows for proper sexual function.

The pelvic floor is made up of the layers of muscle that attach from your pubic bone to your tailbone and hold everything in place including your abdominal and pelvic organs. Dysfunction occurs when the muscles are either hypertonic (too tight) or hypotonic (too weak) not allowing them to work properly.

The truth is, most people (especially women) can benefit from pelvic floor therapy. Here are some very common conditions that you may have that may require pelvic floor therapy:

- Urinary or fecal incontinence (peeing or pooping when you don't mean to)
- Prolapse of your bladder, vagina or rectal (you a feel some bulging down there)
- Pelvic pain
- Pain during or after sex
- Period pain
- PCOS, Endometriosis

What does a treatment look like?

It starts with a detailed history of what is going on related to your pelvic floor. Then when necessary, an internal physical assessment of the pelvic floor muscles are completed to get a better understanding of what you will need.

A treatment plan is designed to meet your needs and this might include exercises and lifestyle changes.

YDD offers pelvic floor therapy with one of our ND's.

To understand how pelvic floor therapy can help improve your pregnancy and post partum health, book a free 15 minute Meet and Greet to learn more!

info@yourdowntowndoula.com

Post Partum Naturopathic Care

YOUR HEALTH CARE DOES NOT AND SHOULD NOT STOP AFTER YOU GIVE BIRTH

By choosing to be a parent, you are choosing to hope and to love! In your journey to parenthood, there will be challenges, but *you are not expected to do it all on your own.*

Normal challenges that can be expected after having a baby:

- Irregular sleep patterns
- Some degree of tiredness
- Some degree of feeling overwhelmed or experiencing mood shifts
- Overcoming breastfeeding challenges

But sometimes medical conditions are missed because we think they are "just part of having a baby".

Please seek medical and professional help if you are dealing with any of the following concerns:

- Extreme exhaustion
- Unpredictable mood swings that concern you or cause others to be concerned for you
- Intrusive, disturbing, negative or self-harming thoughts
- Postpartum depression and anxiety
- Unexplained and unexpected weight changes
- Heart palpitations or irregular heart beats
- Severe sleep issues
- Ongoing breastfeeding or other baby feeding issues
- Breast lumps that don't seem to go away
- Issues with your partner or your relationship
- Feelings of isolation
- Difficulty taking care of your children
- Overwhelmed with decision making and devising a routine that is reasonable

You are worthy of having a village of support for you and your family's well-being.

Doula services don't stop when the baby is born. Learn more about optimizing your postpartum recovery. Discuss family planning strategies.

info@yourdowntowndoula.com



Additional Notes