



Congrats! You had your baby!

If you notice any of the following in the first 24 hours, please contact your midwife team immediately.

BIRTHING PARENT:

- If you fill up a large pad in less than one hour or your postpartum underwear in less than two hours.
- If you pass a clot that is larger than your fist.
- You develop a fever of 101.4 or higher.
- You have a firm lump on your leg that is hot to the touch, red, and possibly tender.
- Experience abnormal or sudden onset of pain.
- Feel faint, light headed, severe headache, chills or body aches.
- Cannot urinate.
- If you have any other questions or concerns. There is no such thing as a "dumb" question. Please know that we are here for you and available 24/7.
- Any signs of a bad latch. Painful and or bleeding nipples. Any sore areas or lumps on breasts/chest.

BABY:

- There is bleeding or substantial redness at the umbilical site.
- Does not pass meconium or urinate at least once the first 24 hours.
- Has any blue or grey coloring around the mouth or chest. (blue hands and feet are okay)
- Baby is lethargic and difficult to wake, sometimes this takes changing a diaper, tickling feet, etc. If none of those things work contact us..
- Hands, feet, or whites of eyes turn yellow-ish.
- Baby should feed once every two or three hours.
- Develops a fever of 100.4 or higher. Take baby's temp every 4 hours, if baby is too cold, try skin-to-skin for 15 minutes then retake, if baby is too warm, remove a layer of clothes and retake in 15 minutes.
- Baby is highly irritable.





Notes:



If you notice that your bleeding has picked up, you can feel for your uterus right around your belly button. It should feel like a grapefruit. If it does not feel firm, like a grapefruit, try massaging your belly until you feel it firm up. Give your midwives a text to let us know you had to massage your uterus to firm and if it doesn't, stay firm, give us a call!

It is somewhat normal to have swelling in your vagina and perineum postpartum. Ice packs, witch hazel pads, and resting in a reclined position can all be helpful to minimize that swelling and pain.

Rest is best!

If possible spend the rest of your day in bed as well as the next few days in bed. And then the first few weeks staying at home and resting as much as possible. Someone needs to be monitoring you and the baby for at least the first 24 hours but ideally 36-48 hours. This will not only ensure that you are able to rest, but it will also help to make sure that you are safe while healing from childbirth.





Sleeping/Nursing/ Diaper Diary



TIME

NURSING

DIAPER

SLEEP

NOTES

