You made it to 36wks!!

Grace Important Information for the final month of your pregnancy!

Midwife Phone Line: (208) 593-6320. Call this number when you think you are contracting, think you are leaking, decreased fetal movement, vaginal bleeding, or headache that doesn't go away with Tylenol.

Natural Ways to Promote Cervical Ripening: Safe to start at 36 wks for first time labor and 37 wks if you have labored before.

- Evening Primrose: 1000mg by mouth every night OR place 1000mg vaginally before bed
- Red Raspberry Leaf Tea: Drink 1-3 cups per day
- Dates: Eat 70 grams (approximately 6) per day. Skip this if diabetic.
- Pineapple: Eat fresh pineapple daily
- Sexual Intercourse
- Nipple Stimulation/Pumping: Save colostrum collected in small syringes in freezer

Cervical Exams: Not necessary. There is no predictive value to a cervical exam. Your cervix can be closed when your water breaks OR you could be 3-4 cm for weeks prior to birth. There should always be a reason for a cervix check. A membrane sweep isn't a good idea until after 39 wks.

Fetal Position: Now is the time to focus on positioning baby for arrival and do final stretches before the final event.

- Try to avoid slouching with rounded back, sit with straight back w/support
- Go to Spinning Babies Website; go to "I'm looking for.." Tab, choose Daily Activities and Weekly Self Care Activities- do as many as you can daily until birth.
- Miles Circuit: See back of this sheet for instructions

Postpartum: Time to get ready for after the baby comes.

- Set up a nursing/feeding station: fill a basket with blankets, burp cloths, nursing pads, a haakaa, a book/kindle, heating pad, nursing pillow, blanket, aromatherapy, and a place for snacks/drinks.
- Make yourself a postpartum basket for the bathroom: fill with pads/pantyliners, peri bottle, tucks pads, essential oils, and Epsom salts for sitz baths.
- Prepare meals for the freezer, make some homemade diaper icepacks, put a list on the fridge with list of ideas friends and family could help out with when they visit (dishes, laundry, vacuum, etc) or suggestions for meals, make a list of go-to snacks to have while feeding
- Medications to have on hand: Tylenol and Ibuprofen (for pain, headache or fever), Colace (stool softener), Miralax (for constipation), Tucks pads and Dermaplast (for perineum and hemorrhoids), cold gel pack or Soothies (for tender breasts).

Miles Circuit:

The Miles Circuit helps your baby get into the ideal position in your pelvis. It can also cause increasing Braxton Hicks contractions to help with cervical ripening. Ideally to be performed 3 times weekly to daily from 37 wks until birth. Each move should be performed for 30 minutes, the entire circuit takes 90 minutes to complete. It can also be done in early labor with guidance from your care team.

1. Open knee chest position: This position should be performed on a hard surface to optimize support. Adding hip movements (gentle swaying/figure eights) throughout can help relax the pelvis even more.
2. Exaggerated side-lying position: this position is a restful position dine in bed with lots of pillow support. It should be done with the circuit but it is also an optimal position for resting, napping, and sleeping throughout pregnancy.
3. Curb walking: curb walking can be done on a sidewalk, upstairs sideways, or by lunging on a stool. Outside walking in fresh air is the best if weather permits. (Limit curb walking in dark areas)

For reference:

http://www.milescircuit.com/the-circuit.html

Other helpful websites:

http://www.evidencebasedbirth.com

http://www.amidwifenation.com

http://kellymom.com

WHAT TO EXPECT WHEN YOU GET HOME: THE FIRST DAYS AFTER BIRTH

birthing, caring for, and feeding a growing baby and yourself as a new mother is ***ENOUGH.***"
Kimberly Ann Johnson, *The Fourth Trimester*

WHAT TO EXPECT

- **Bleeding** - Vaginal bleeding after birth is similar to a heavy period. Clots are expected and should be smaller than the size of an egg. Breastfeeding will cause cramping in your uterus/lower abdomen that will increase bleeding or clots - this is a normal response of your body to prevent hemorrhage. Continue to change your postpartum pad every 3-4 hours or as needed.
- **Breasts** - Depending when you are discharged home from the hospital, your breast milk may or may have not arrived, **but your baby is still getting colostrum when he/she nurses**, breasts will swell with your milk arrival 2-5 days after your birth. Your milk typically arrives sooner the more children you have had. If your nipples are sore or your baby's latch is painful, consult a lactation consultant to evaluate breastfeeding; try holding the baby in different positions when breastfeeding (side-lying or laid back positions), or use cold gel packs in between nursing sessions (such as Soothies).
  - ***Remember, breastfeeding is based off a supply-demand system; keep offering the baby the breast every 2-3 hours through the day and night time to help increase your milk production.**
- **C-Section Incisions** - Keep incisions clean and dry; inspect daily for signs of infection (redness, swelling, bloody or smelly discharge); wash incision daily using soap/water gently with your hand while in the shower, then pat dry. It is okay to wash on top of the purple glue or steri-strips if your surgeon placed these on your incision. If your incision is in between a large fold of skin, place a pantyliner horizontally against the incision to allow for any drainage to absorb into the pad; this keeps the incision dry as well. If you have a wound vacuum, wash carefully around your bandage and follow your provider's instructions for removal.
- **Hemorrhoids** - The baby is out but so are your hemorrhoids. Hemorrhoids are swollen, dilated veins in your anus that will feel like swollen pouches of skin. Hemorrhoids shrink slowly after birth but can still be very sore for a few days to weeks after birth. **Use TUCKS/witch hazel pads to wipe after a bowel movement for some relief.** After wiping, apply a TUCKS pads directly to external hemorrhoids for continued relief between bathroom trips; repeat as needed. Sitz baths help hemorrhoid pain as well - soak 1-2 times a day as needed for relief.
- **Night sweats** - The sweats don't always show up while you are at the hospital, but night sweats are very normal in the first few days to weeks after birth. The amount of sweat is enough to soak your sheets! Put a large bath towel or chux pad underneath you to absorb the sweat. Keep an extra set of PJs and nursing bras/pads on your night stand in case you need to change at night time. This is a good time to get a waterproof mattress cover to protect your mattress if you don't already have one.
- **Pooping** - Your first poop may have happened in the hospital or a few days after birth. It's very important to keep poops soft and non-straining during the first month after birth. Your pelvic floor is working to regain it's strength. Drink plenty of water, use stool softeners and potty stools as needed until you are having a bowel movement every 1-2 days that is soft without straining.
- **Sleep** - It is normal to be tired. If you leave the hospital/birth center in the morning time, try to take an afternoon nap; this rest will help you prepare for the night time wakings. Set up your bedroom/nursery so things are easy to find at night time; use night lights if needed in your bedroom, bathroom and hallways. Talk with your partner about expectations for night time care.
- **Soreness** - Everything is sore and it's okay. Your provider most likely sent you home with pain medication. Continue taking these as needed throughout the first few days to weeks after birth. Heating pads/rice socks will help the "contractions" in your lower belly or sore backs. Rest comfortably on your couch or in bed; use supportive pillows as needed too.
- **Vaginas** - Vaginas are amazing and heal really well. But it's normal for your vagina to be sore. It may even be sore to sit on your couch or chair. Continue using ice packs at home or make your own (see the tip on how to make diaper ice packs). Use dermoplast and TUCKS pads each time you use the bathroom. If sitting on a chair or the couch hurts your bottom, place a pillow or nursing pillow on the surface to sit on to allow for extra cushion for your bum.

COMMON C-SECTION QUESTIONS

What do I do with **the purple glue** on my incision?

- The purple glue is called dermabond and it holds the edges of your skin together until they heal.
- The glue should stay on for about a week but not longer. After a week, the glue can encourage bacteria growth around and underneath the glue. Wash the incision daily as described above. When the glue starts to come off, it's okay to peel it off and throw it away like a bandaid.

What about my **steri-strips?**

- Treat strips just like band-aids - when the strips peel at the edges or become dirty, it's time to peel them off and throw them away.

NURSING CORNER

- Watch these videos and read these articles as soon as possible before or after your birth:
  - Video: First Droplets
  - Article: Breastfeeding Your Newborn in the Early Weeks (by kellymom.com)
  - Video: How to do baby-led breastfeeding
  - Videos: Breastfeeding Playlist (Global Health Media)
- At home, make yourself a nursing corner or basket. Set up your nursing station on the end of you couch or in a comfy chair (preferably near a window); fill a basket with baby blankets, burp clothes, nursing pads, a haakaa, a book or Kindle for you to read, a heating pad, nursing pillow and a blanket. Include a candle or aromatherapy to help you relax too! Don't forget a place for snacks/drinks.
- Limit screen time while breastfeeding. Find a good podcast, audiobook or relaxing music to listen to during nursing sessions. (Find book recommendations on the back!)
- **Before nursing, go the bathroom, fill up your water and grab a snack** that you can eat with one hand. Once the baby is latched, dig into your snack and water too!

Follow the QR codes to the all the links!

TINY GOALS

- Rest!
  - No really, put your feet up and allow your body to heal.
  - Rest in the bed 1-2 days after birth, then start to move around the house. About 2 weeks after birth, start to venture on small trips as needed around town.
- Take a shower or bath **EVERY** day.
  - You must take care of yourself. Buy some yummy smelling soaps, sugar scrubs and use up all the hot water. You deserve it.
- Ask for help to...
  - Lift the car seat into the car or onto the stroller.
  - Make dinner.
  - Bath the other kids or help with bedtime.
- Limit screen time or other phone noise/distractions.
  - Turn off notifications/sounds on your phone.
  - Your rest, nutrition and health are the most important thing the first few weeks after birth.
- **Give yourself lots of grace and extra time to do everything: Taking care of a newborn is hard work and it is exhausting!**

underlined sources are active hyperlinks on download. Download this handout at: https://amidwifenation.com/shop/
opyright 2019-2024, A Midwife Nation, LLC. Disclaimer: https://amidwifenation.com/medical-disclaimer-copyright. Please credit source: last updated 9/2023. John 3:16 | Matthew 5:14

POSTPARTUM RESOURCES

Follow the QR code to more handouts. All underlined text is an active hyperlink to more resources or education!

TIPS & TRICKS

- Take a moment when you get home, find your favorite spot on the couch or chair, and take a few minutes in silence to honor your body, your birth and your baby. Acknowledge how strong you and your baby are!
- Take all your discharge paperwork and education from the hospital or birth center and leave it on your kitchen counter for at least 2 weeks. Read through it as needed. **Highlight important contact numbers or upcoming appointments for you or the baby.**
- Plan to stay in the bed or on the couch the first few days at home. Around days 5-7, start to venture around the house if you feel up to it. If you are doing too much for your body during those first few days, you will have some extra bleeding, be extra tired and be slow to heal. **Listen to your body.**
- **Make "diaper ice packs" for your vagina at home.** Take one of your baby's diapers, tear a hole in one end of the diaper to expose the inside diaper filling; fill the inside of the diaper with some ice; voila! You have an ice pack for your vagina that will also absorb the postpartum bleeding. Stick a few in your freezer at a time and repeat as needed!
- Expect that you will move around a little slower than normal - whether from fatigue or discomfort - **this is a normal slowdown!**

POSTPARTUM FAQS

What can I use to help collect leaking milk, night sweats or vaginal bleeding on my bed sheets my first few days to weeks at home?
Reusable chux pads are your answer. Buy a pack of 3-4 large underpads that are washable and reusable pads online; these are easily reusable for your other postpartum periods and double for potty training pads for toddlers. You can also use a large bath towel too.

What does my uterus do after the birth of the baby?
Your uterus is a big muscle that will continue to have contractions in the weeks after birth. The contractions help push out any bleeding or clots in the uterus to prevent a postpartum hemorrhage. It takes about 2 weeks for your uterus to shrink back into your pelvis and another 3-4 weeks to return back to its normal size (about the size of a pear).

Why do I still have foot and leg swelling?
Alas, your shoes will fit again! This swelling is called "third spacing." Your blood vessels can't hold all of the extra fluid from your labor, so the vessels push the fluid into your tissues. Your body will reabsorb this fluid but it does this slowly over the first week after birth.

Why does it still feel like I am having contractions?
Because you are! These post-birth contractions are commonly referred to as *afterpains*. A heated rice sock or heating pad will help alleviate any discomfort these may cause.

My vagina had a lot of stitches and it is sore and swollen. What can I do to help healing?
The more significant your vaginal laceration or repair, the more rest in bed you will need. The amount of time/rest is different for everyone. A good marker is that each day you should feel a little better. **If you are very sore or having more pain, you likely need more rest...go sit back on your couch!** Also continue ice packs, sitz baths, dermoplast spray, witch hazel/TUCKs pads and pain medication as needed.

How long do baby blues last?
No more then 5 days. Any unusual or overwhelming feelings of depression, sadness or anxiety **should be reviewed** with your provider after day 5. Call your provider to schedule a "mood check" or to speak with a nurse/provider at your office. If you are unable to reach your provider's office, please call one of the mental health help lines listed above for help.

How do I know if my baby has a fever?
Babies will feel hot to the touch on their foreheads if they have a fever. If you think your baby has a fever you need to check the baby's temperature with **a rectal thermometer.** Lubricate the end of the thermometer with some vaseline or aquaphor ointment, slide the tip of the thermometer into the baby's anus (only the metal part should be in the baby's bottom) and wait for the thermometer to beep. **A fever in a baby is 100.4F or higher.** For any fever, you need to call your baby's doctor or go into urgent care. (***Tip:** Use a permanent market to write "rectal" on the thermometer so it's only used for the baby bottom.)

How do I make a sitz bath or do epsom salt soaks postpartum? When can I start these?
Fill your bath tub up with 5-6 inches warm to hot water. Pour in 2-3 cups of epsom salts. Soak your sore bottom and legs for 10-15 minutes. Pat vagina dry with clean towel. Apply fresh tucks pad, postpartum pads and underwear! Repeat daily until you bottom is no longer sore. **You can start sitz baths as soon as you get home if you had a vaginal delivery.**

How do I to find a breastfeeding specialist to help me?
- Find an IBCLC (international board certified lactation consultant) at:
  - https://uslca.org/resources/find-an-ibclc/
- Email an IBCLC a question at Medela's Ask the LC:
  - www.medela.us/mbus/ask-the-lc

I was prescribed medications and am not sure where to get information to see if they are safe for breastfeeding?
You can look up your medication or substance risks to breastfeeding at these resources: e-lactencia, Infant Risk Center (Texas Tech University), Lactmed (fact sheet on medications/chemicals used w/ nursing), and Trash the Pump and Dump.

I'm looking for even more education about breastfeeding.
- Try Lactation Education Resources Parent Handouts (available in English, Spanish Arabic, Chinese, Vietnamese, and Polish)
- Read Supporting Breastfeeding, Sleeping and Well-Being (ABM, 2023) and Breastfeeding Reassurance Tips (WIC)

When should I expect the baby's birth certificate and social security card?
This depends on the state you birthed the baby. You have to fill out the official birth certificate paperwork with your birth provider or hospital after the birth. Birth certificates are usually mailed to your house about 4-6 weeks after birth.

OTHER RECOMMENDATIONS

RECOMMENDED READING FOR MORE EDUCATION + SUPPORT
- *Safe Infant Sleep: Expert Answers to Your Cosleeping Questions* by James McKenna
- *The Fourth Trimester* by Kimberly Ann Johnson

RECOMMENDED INSTAGRAM ACCOUNTS
@moomysmilk @postpartumsupportinternational

RECOMMENDED VIDEOS
Follow Me Mum: The Key To Successful Breastfeeding (fee applies)

RECOMMENDED APPS FOR MENTAL HEALTH
CALM, Headspace, MoodTools, Stop-Breathe-Think, CBT-I Coach, Mindshift, Nobu

RECOMMENDED PODCASTS
- Badass Breastfeeding Podcast
  - Episode: Getting A Good Latch
- Healthy Children episode: Talking About Jaundice
- I Am One
- The Milk Minute

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Free Peer Support Groups for You and Your Baby

It's vital to have support and understanding as a new parent. To join a peer group listed below, please email **slmomsupport@slhs.org** or provide your email to your hospital lactation consultant.

The Breastfeeding Bunch

Share your experiences, concerns and stories, and receive peer support in meetings facilitated by a lactation specialist. You also can weigh your baby.

Boise – Anderson Center
100 E. Idaho Street, 5th Floor
Boise, Idaho 83702
Wednesdays, 10 a.m.-noon

Mountain Home – St. Luke's Elmore MC
895 N 6th E - Sleep Lab Entrance
Mountain Home, Idaho 83647
Tuesdays, 10-11:30 a.m.

Nampa – St. Luke's Nampa Medical Center
9850 W. St. Luke's Drive
Warhawk Room, 2nd floor (or TBA)
Nampa, Idaho 83687
Wednesdays, noon-1 p.m.

Fruitland – St. Luke's Fruitland Medical Center
1210 NW 16th Street
Fuji Conference Room, 2nd floor
Fruitland, Idaho 83619
Tuesdays, noon-1 p.m.

You can also schedule a private one-on-one lactation consultation* by calling the St. Luke's lactation office in your area:

Boise: 208-381-2592

Elmore: 208-598-1098

Jerome: 208-814-3820

Magic Valley: 208-814-3820

McCall: 208-630-2270

Meridian: 208-706-3119

Nampa: 208-205-7329

Wood River: 208-727-8531

**These visits are covered by most insurances; no one will be turned away for an inability to pay.*

St Luke's

BP-118.10.23

Contact Information

Pregnancy and Early Parenthood

Labor and Deliver Triage

If you have concerns or questions about whether or not you're in labor, call St. Luke's Labor and Delivery triage to speak with a caring nurse. We're here to help you any time of the day or night.

- **Boise:** (208) 381-2652
- **Elmore:** (208) 587-8401, ext. 59
- **Jerome:** (208) 814-9740
- **Magic Valley:** (208) 814-1000
- **McCall:** (208) 630-2270
- **Meridian:** (208) 706-3115
- **Nampa:** (208) 205-7323
- **Wood River:** (208) 727-8570

Lactation Consultants (Breastfeeding Specialists)

- **Boise:** (208) 381-2592
- **Elmore:** (208) 587-8401, ext. 188
- **Jerome:** (208) 814-3820
- **Magic Valley:** (208) 814-3820
- **McCall:** (208) 630-2270
- **Meridian:** (208) 706-3119
- **Nampa:** (208) 205-7329
- **Wood River:** (208) 727-8531

New Parent Line

Boise/Treasure Valley/Mountain Home/Wood River: (208) 706-5770
Twin Falls/Magic Valley: (208) 814-3649
McCall: (208) 630-2270

Classes, Support Groups, Find a Doctor

Call or visit stlukesonline.org

- **Boise/Treasure Valley/Mountain Home:** (208) 381-9000
- **Twin Falls/Magic Valley:**
  - (208) 814-0407 (classes/support groups)
  - (208) 814-0065 (find a doctor)
- **Ketchum/Hailey:** (208) 727-8733
- **McCall:** (208) 630-2420
- **Baker City:** (541) 523-1001

Car Seat Safety Checks

By appointment only. Call to register or visit stlukesonline.org to see a list of dates.

Boise/Meridian/Nampa: (208) 381-9000
Twin Falls: (208) 814-7640
Hailey: (208) 727-8776

St Luke's

University of Idaho

CALLING ALL PREGNANT + NEW MOMS!

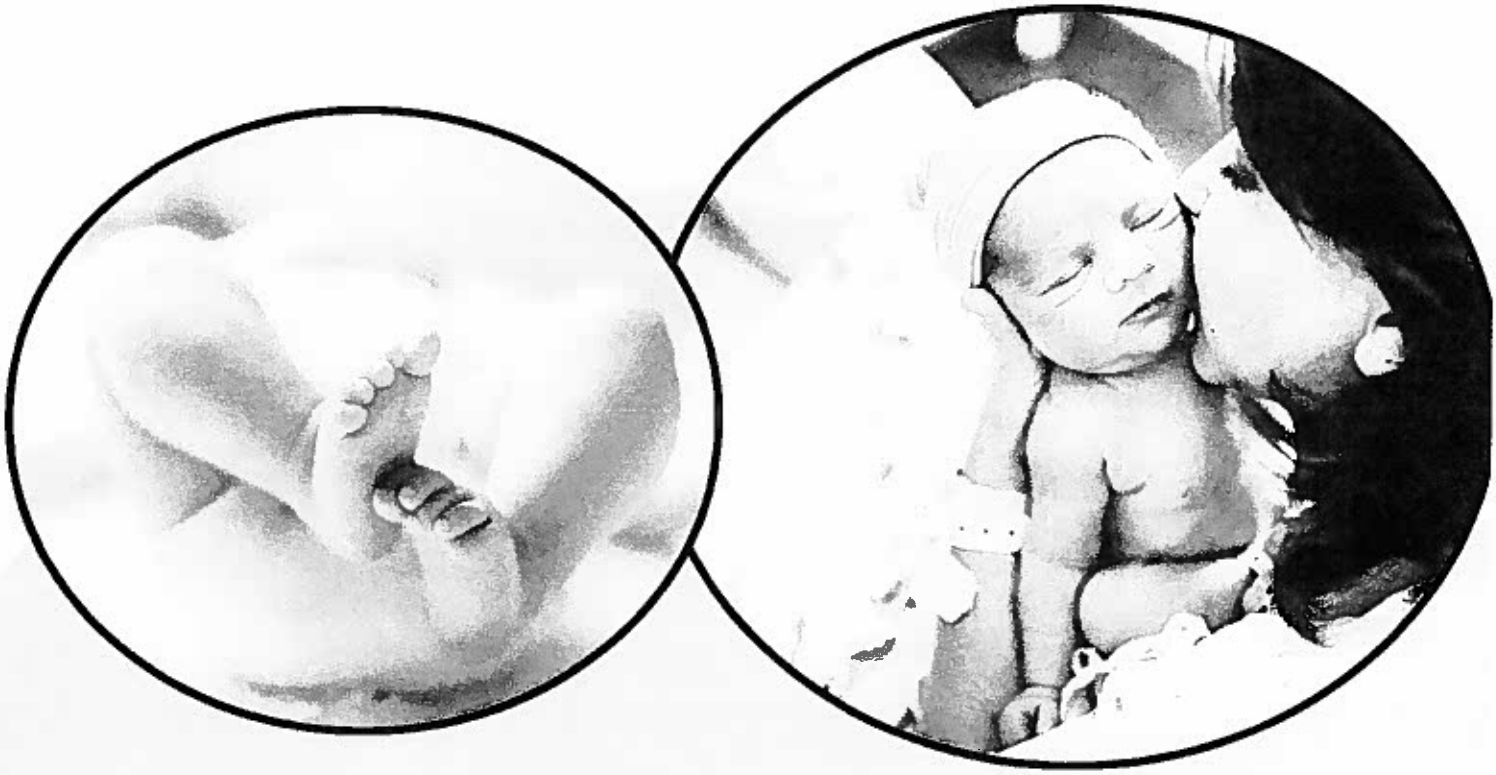
Take a 20-minute survey and earn $25

(Complete all three surveys and earn $75!)

Researchers at the University of Idaho are exploring the experiences of new mothers across the state to better understand:

- How women's well-being changes over the perinatal period
- How maternal healthcare differs across rural versus urban settings
- What types of supports, education, and assistance new moms need most

Participation involves completing a series of 3 online surveys, each lasting ~20 minutes. You'll earn a **$25 gift card** for each survey—up to $75 in total!



WHO: Pregnant or newly postpartum (<4 weeks) Idaho mothers
WHAT: A series of three, 20-minute online surveys
WHEN: 1 month, 4 months, and 8 months postpartum
WHY: To earn **up to $75** in gift cards!
HOW: Provide your contact information **HERE**

WWW.BIT.LY/IDAHOMWBI_GRACE

IRB #26-095 | Principal Investigator Dr. Sarah Deming: sdeming@uidaho.edu