

# 4TH TRIMESTER/POSTPARTUM CARE RESOURCE PACKET





















Courtesy of  
**NayaCare: Fourth Trimester Specialty Clinic**  
*at your doorstep!*



**COLORADO'S LEADING POSTPARTUM HOME HEALTH CLINIC!**



# BABY'S DON'T COME WITH MANUALS, JUST CUDDLES

Your Baby's Age	WEEK							2 WEEKS	3 WEEKS	
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS			
<b>How Often Should You Breastfeed?</b> Per day, on average over 24 hours	       									
	At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.									
<b>Your Baby's Tummy Size</b>	 Size of a cherry		 Size of a walnut		 Size of an apricot		 Size of an egg			
<b>Wet Diapers:</b> <b>How Many, How Wet</b> Per day, on average over 24 hours	 At least 1 WET		 At least 2 WET		 At least 3 WET		 At least 4 WET			
							 At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE			
<b>Soiled Diapers:</b> <b>Number and Colour of Stools</b> Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN		 At least 3 BROWN, GREEN, OR YELLOW		 At least 3 large, soft and seedy YELLOW					
<b>Your Baby's Weight</b>	Babies lose an average of 7% of their birth weight in the first 3 days after birth. For example, a 3.2 kilogram or 7-pound baby will lose about 230 grams or 1/4 a pound.				From Day 4 onward your baby should gain 20 to 35g per day (1/2 to 1 1/2 oz) and regain his or her birth weight by 10 to 14 days.					
<b>Growth Spurts</b> *	Babies often experience a sudden burst in growth—a growth 'spurt'—at certain times within their first few weeks. During these growth spurts your baby may want to nurse more than usual.								*	*
<b>Other Signs</b>	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.									
Breast milk is all the food a baby needs for the first six months — At six months of age begin introducing solid foods while continuing to breastfeed until age two or older										

Need Help? Gives us a call! 720-815-5922



# EXPRESSED BREASTMILK STORAGE GUIDELINES



1. In all cases of expressed breastmilk, the sooner the better.
2. If you need to supplement with formula, please follow mixing instructions.
3. Prepared infant formula needs to be used within 2 hours.
4. Dry formula expires in 30 days from date of opening.
5. Need Lactation Help: Call/Text NayaCare at 720-815-5922.



# 4 TIPS ON SAFE SLEEP



*1. Always on their back*



*2. Firm surface*



*3. No other items in  
crib/bassinet*



*4. No smoking.*



# NORMALIZE 4TH TRIMESTER TRANSITION

## POSTPARTUM BLUES

- Feel like crying randomly
- Irritable
- Restless
- Anxious
- Impatient
- Hard to concentrate

50-85% of mothers in the first 2 weeks after baby

Overwhelmed? Just call.

Resources:

- Postpartum Support International, 1-800-944-4773
- NayaCare, 720-815-5922



## POSTPARTUM DEPRESSION

- Feel sad, hopeless
- Crying a lot more than usual
- Excessive guilt, anxiety, depressed mood
- Insomnia/Hypersomnia
- Extreme fatigue
- Not connecting with your world
- Thoughts of harming self or baby

10-20% of mothers in the first YEAR after baby

# Did you know dads can also get postpartum depression?

8-10% of Men

First time dads are at higher risk.



## Male Postpartum Depression Symptoms



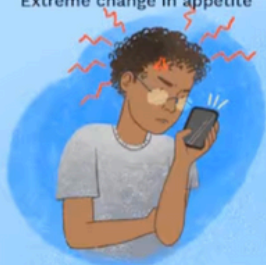
Extreme change in appetite



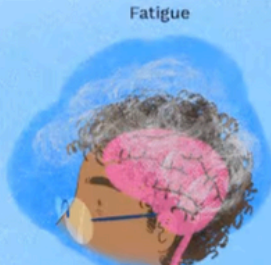
Fatigue



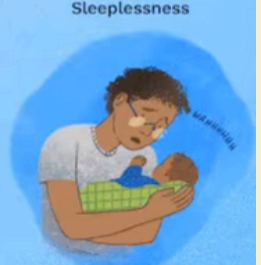
Sleeplessness



Irritability



Brain fog



Excessive worry

# POSTPARTUM PREECLAMPSIA

## What is it?

Postpartum preeclampsia is high blood pressure that can occur to any woman who has just giving birth. Woman are at risk up to 6 weeks after baby is born.



## Warning Signs

- Stomach pain
- Feeling nauseous or throwing up
- Swelling in your hands and feet
- Severe headaches
- Seeing spots or vision changes
- Short of breath
- Any concerning pain



## What can you do?

- Watch for warning signs
- Trust your instincts
- Call your doctor
- Call us at NayaCare: 720-592-8155



# SAVE YOUR LIFE:

## Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. But any woman can have complications after the birth of a baby. Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.

POST-  
BIRTH  
WARNING  
SIGNS

**Call 911**  
if you have:

- ☐ **P**ain in chest
- ☐ **O**bstructed breathing or shortness of breath
- ☐ **S**eizures
- ☐ **T**houghts of hurting yourself or your baby

**Call your  
healthcare  
provider**  
if you have:

(If you can't reach your  
healthcare provider,  
call 911 or go to an  
emergency room)

- ☐ **B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- ☐ **I**ncision that is not healing
- ☐ **R**ed or swollen leg, that is painful or warm to touch
- ☐ **T**emperature of 100.4°F or higher
- ☐ **H**eadache that does not get better, even after taking medicine, or bad headache with vision changes

**Trust  
your instincts.**  
ALWAYS get medical  
care if you are not  
feeling well or  
have questions or  
concerns.

**Tell 911  
or your  
healthcare  
provider:**

"I had a baby on \_\_\_\_\_ and  
(Date)  
I am having \_\_\_\_\_."  
(Specific warning signs)





## POSTPARTUM CARE CONTINUES AT HOME

### MOMMY CHECK IN



Sometimes having a baby is the easiest part. A lot happens in the first week after birth, a period in which moms and newborns are adjusting to this new journey. To optimize transition from pregnancy to postpartum, NayaCare, a 4th trimester home health company is offering a "Mommy Check In". This 60 minute home visit will offer breastfeeding support, newborn check, and mom blood pressure and wellness check. This visit is conducted by NayaCare's Dr. Patel, board-certified pediatrician and feeding specialists. Cost for visit is based on sliding scale from \$100-\$300. We serve the Denver-Metro area/Boulder.

## GET THE RIGHT SUPPORT WHEN YOU NEED IT MOST

### What our families say:



Questions. Scan the QR Code for a free consultation and meet Dr. Patel!



We had an amazing experience with NayaCare and highly recommend this clinic. NayaCare really helped with our transition into postpartum with home visits and holistic care. Dr. Patel is very knowledgeable, kind and nonjudgmental. We loved our visits with her and were sad (but prepared) to transition out.  
– Liz W.

