Postpartum Changes
Chantal and Amar
Your Changing Body

Common discomforts:
- Tender breasts
- Cramps in the uterus
- Perineum soreness
- Vaginal flow
- Pain at the incision site if you had a caesarean birth.
- Difficulties with urination and bowel function
- Feeling tired and having a difficult time getting enough rest.
Sore Nipples

- Most common cause of sore nipples
- Signs of a poor latch
- Preventing sore nipples
Tender Breasts

- Preventing engorgement
- Managing engorgement
Cramps in the uterus

- Causes
- Management
Perineal soreness and vaginal flow

- Causes
- Management
Difficulties with urination and bowel function

- Causes
- Management
Changes in the menstrual cycle
Sexuality
Lactational Amenorrhea Method (LAM) can be used if:

- Your baby is less than 6 months old.
- Your menstrual periods have not yet returned.
- Your baby is exclusively breastfed.
Birth Control While Breastfeeding

Other birth control options while breastfeeding:
- Male and female condoms
- Spermicides
- Intrauterine Contraceptive Device (IUD)
- Diaphragm
- Vasectomy (permanent)
- Tubal ligation (permanent)
Hormone-based Birth Control

Progestin-only
- Mini pill
- Injection (Depo-Provera)
- Intra-Uterine System (IUS)

Estrogen and progestin
(if all other methods have been ruled out)
- Oral contraceptive pill (OCP)
- Contraceptive patch
- Vaginal contraceptive ring
When to Seek Medical Attention

- Blood clots
- Opening of incision
- Yellow or green discharge
- Foul smelling discharge
- Fever and/or flu-like symptoms
- Pain (including headaches) not relieved by medication.
- Visual changes
- Swelling.
- Signs of mastitis
Feelings of:
- Sadness
- Fatigue
- Irritability
- Being overwhelmed
Postpartum Mood Disorders (PPMD)

- When the baby blues last more than 2 weeks.
- Happens to 1 in 5 women.
- Can occur anytime within the first year after birth.
- Is real.
- Affects the whole family.
Postpartum Mood Disorders (PPMD)
Postpartum Mood Disorders (PPMD)

You are more at risk if you:
- Have been depressed or anxious during your pregnancy.
- Have a history of depression and/or other mood disorders.
- Have family members with mood disorders.
- Had a recent stressful life event such as a move or a loss in the family.
- Have little social support.
- Have relationship difficulties with close family members.
## Coping with PPMD

<table>
<thead>
<tr>
<th>What mom can do</th>
<th>What partner, family, and friends can do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ask for help</td>
<td>Listen and support her feelings</td>
</tr>
<tr>
<td>Take care of yourself - sleep, nutrition, exercise</td>
<td>Develop your relationship with the baby</td>
</tr>
<tr>
<td>Take time for yourself</td>
<td>Ask her how you can help</td>
</tr>
<tr>
<td>Get counseling or join a support group</td>
<td>Educate yourself about PPMD</td>
</tr>
<tr>
<td>Consider medication</td>
<td>Take care of yourself</td>
</tr>
</tbody>
</table>
Postpartum Depression in Fathers/Partners

- Can occur in 10.4% of partners
- Incidence increases to 25-50% if the mother also has PPMD
- Usually occurs later in the postpartum period
PPD Symptoms in Men
Note to Fathers/Partners

- Spend time holding, talking, and playing with the baby.
- Spend time holding your baby skin-to-skin.
- Participate in the care of baby.
- Plan time alone with baby.
- Make yourself aware of community resources and activities.
- Take care of yourself.
Transition to Parenting

Talk about:

- How you feel about becoming a parent.
- How you will share daily tasks.
- How to take care of yourself.
- How you want to raise your child.
Transition to Parenting

Don't be afraid to ask for help
### Transition to Parenting

#### Who is most responsible?

<table>
<thead>
<tr>
<th>Partner’s Responsibility</th>
<th>Both Responsible</th>
<th>Mother’s Responsibility</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
</tbody>
</table>

Using the above scale, rate where you would place your and your partner’s responsibility for the tasks listed below. Compare the answers and identify areas that are similar and use these strengths to help you find ways to compromise in areas where you differ widely.

<table>
<thead>
<tr>
<th>General Areas</th>
<th>Partner</th>
<th>Mother</th>
<th>Child Care Areas</th>
<th>Partner</th>
<th>Mother</th>
</tr>
</thead>
<tbody>
<tr>
<td>grocery shopping</td>
<td></td>
<td></td>
<td>staying home</td>
<td></td>
<td></td>
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<tr>
<td>preparing meals</td>
<td></td>
<td></td>
<td>feeding</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cleaning up after meals</td>
<td></td>
<td></td>
<td>playing with</td>
<td></td>
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<tr>
<td>repairs around the house</td>
<td></td>
<td></td>
<td>health care</td>
<td></td>
<td></td>
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<tr>
<td>house cleaning</td>
<td></td>
<td></td>
<td>dental care</td>
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<td></td>
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<tr>
<td>general shopping</td>
<td></td>
<td></td>
<td>transporting</td>
<td></td>
<td></td>
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<tr>
<td>paying bills</td>
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<td></td>
<td>bedtime</td>
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<tr>
<td>laundry</td>
<td></td>
<td></td>
<td>comforting</td>
<td></td>
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<tr>
<td>making social arrangements</td>
<td></td>
<td></td>
<td>sick child</td>
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<tr>
<td>car maintenance</td>
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<td></td>
<td>up at night</td>
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<tr>
<td>home decorating</td>
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<td></td>
<td>diapering</td>
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<tr>
<td>yard work</td>
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<td></td>
<td>toilet training</td>
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<tr>
<td>snow removal</td>
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<td></td>
<td>play dates</td>
<td></td>
<td></td>
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<tr>
<td>gardening</td>
<td></td>
<td></td>
<td>diaper bag</td>
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<td></td>
</tr>
<tr>
<td>birth control</td>
<td></td>
<td></td>
<td>doctor’s appt</td>
<td></td>
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</tbody>
</table>

*From Virginia Collins, Childbirth Experience, with permission.*
For More Information

- Best Start Hubs
- Best Start website: www.lifewithnewbaby.ca
- Breastfeeding support groups
- Early parenting programs
- Health care provider
- Healthy Babies Healthy Children program

- Local public health department
- Ontario Early Years Centres
- Pacific Postpartum Support Society www.postpartum.org
- Postpartum Mood Disorder Support Groups
- The Men’s D.E.N. www.mensdencanada.wordpress.com
- The Society of Obstetricians and Gynaecologists
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www.beststart.org

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