



Care for Pre/Postnatal Mothers

Your health and well-being matter
just as much as your baby's!





Congratulations!

Congratulations to all the soon-to-be and new mommas! Starting this new journey can feel daunting, but I hope this presentation helps ease some of that nervousness and questions.

This is for informational purposes only. For medical advice, diagnosis, consult a professional.



Introduction

During pregnancy, much of the focus tends to be on the baby, but it's just as important to remember the health and well-being of the mom. This presentation is here to remind you that your health matters too, and that you are not alone. You are cared for, loved, and deserve the support and attention needed to thrive during this special time.





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01

During Pregnancy



What is Prenatal Care?

Prenatal care helps decrease risks during pregnancy and increases the chance of a safer and healthy delivery. The ideal time to begin prenatal care is about three months before trying to conceive – so as soon as possible!

- Quit smoking or drinking alcohol
- Taking folic acid supplements daily
- Talking to your doctor about your medical conditions, dietary supplements, and any over-the-counter or prescription drugs you take
- Avoiding all contact with toxic substances and chemicals at home or work that can be harmful

Babies born to mothers who lack prenatal care have triple the chance of being born at a low birth weight.



What is the Best Diet?

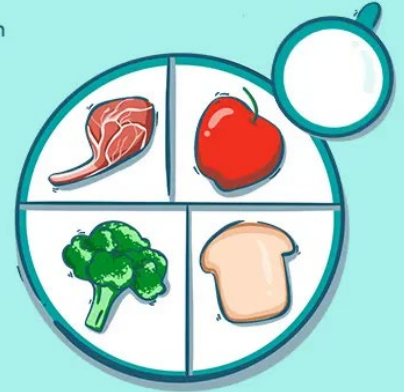
- The healthiest diet during pregnancy is based on whole foods that are high in protein, vitamins and minerals, and healthy fats (monounsaturated and polyunsaturated)
- A diet that is high in nutrients and low in sugar, salt, and saturated fats
- Make sure to speak to a healthcare provider about the proper diet for you and your baby



How to Create a Balanced Meal During Pregnancy

Tips:

- Prioritize whole foods rather than processed versions
- Vary your veggies and include dark leafy greens
- Make at least half of your grains "whole grains"
- Choose low-fat or fat-free versions of dairy
- Opt for lean, healthy protein sources



Source: American College of Obstetricians and Gynecologists

Some of the Best Foods to Eat While Pregnant

- Eggs
- Cheese
- Yogurt
- Fortified milk
- Fortified cereal
- Nuts and seeds
- 100% orange juice
- Avocado
- Citrus fruit
- Berries
- Bananas
- Dark leafy greens
- Orange vegetables
- Broccoli
- Beans and lentils
- Fatty fish
- Whole-grain pasta
- Brown rice
- Spinach
- Tofu
- Olive oil



Regular Doctor Visits

- A schedule of visits may involve seeing your doctor
- Every month in the first six months you are pregnant
- Every two weeks in the seventh and eight months you are pregnant
- Every week during your nine month of pregnancy
- Later visits may also include checking the baby's position and noting changes in your body as you prepare for birth
- These visits are also very important as they do check-ups on the baby to ensure they are developing healthily and at the stages they should be





02

Postpartum Care



Importance of Postpartum Care

While most attention to pregnancy care focuses on the nine months of pregnancy, postpartum care is important.

During this period, the mother goes through many physical and emotional changes while learning to care for her newborn.





Postnatal Care Visits

- First visit with either the gynecologist or other obstetric health care provider should occur within three weeks of giving birth
- A comprehensive exam should be no later than 12 weeks after the birth



Getting Enough Rest

Rest is crucial for new mothers who need to rebuild their strength

- Sleep when your baby sleeps
- Keep your bed near your baby's crib to make night feedings easier
- Allow someone else to feed the baby with a bottle while you sleep



Eating Right

Getting proper nutrition postpartum is crucial because of the changes your body goes through, especially if you are breast-feeding.

- Avoid high-fat snacks
- Focus on eating low-fat foods that balance protein, carbohydrates, and fruit and vegetables
- Drink plenty of fluids





Vaginal Care

New mothers should make vaginal care an essential part of their postpartum care

- Vaginal soreness if you had a tear during delivery
- Urination problems like pain or a frequent urge to urinate
- Discharge including small blood clots
- Contractions during the first few days after delivery



03

Signs to Look for

Postpartum Danger Signs

Go to the hospital immediately if there is:

- Vaginal bleeding has increased
- Fits
- Fast or difficult breathing
- Fever and too weak to get out of bed
- Severe headaches with blurred vision
- Calf pain, redness or swelling; shortness of breath or chest pain
- Swollen, red or tender breasts or nipples
- Problem urinating, or leaking
- Increased pain or infection in the perineum
- Infection in the area of the wound (redness, swelling, pain, or pus in wound site)
- Smelly vaginal discharge
- Severe depression or suicidal behaviour



Postpartum Depression

What is it:

Symptoms of depression after childbirth vary, and they can range from mild to severe. These can last from a few days all the way to your child being 5 years of age. Some may include:

- Depressed mood or severe mood swings
- Crying too much
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual
- Inability to sleep, called insomnia, or sleeping too much
- Overwhelming tiredness or loss of energy



Postpartum Depression

- Less interest and pleasure in activities you used to enjoy
- Intense irritability and anger
- Fear that you're not a good mother
- Hopelessness
- Feelings of worthlessness, shame, guilt or inadequacy
- Reduced ability to think clearly, concentrate or make decisions
- Restlessness
- Severe anxiety and panic attacks
- Thoughts of harming yourself or your baby
- Recurring thoughts of death or suicide





04

Resources





Some Resources



- <https://www.york.ca/health/prenatal-and-newborns/prenatal-and-newborns>
- <https://birthright.org/services/>
- <https://www.themothersprogram.ca/resources-and-information/for-your-region/central-eastern-ontario/york-region>
- <https://midwivesofyorkregion.com/resources/>
- <https://www.lifewithababy.com/ppdhelp/1450961>





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