

# Ready, Set, **Baby**

**A guide to welcoming your new family member**



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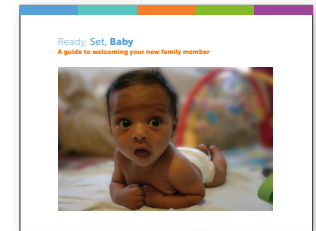
**A guide to welcoming your new family member**





# Welcoming your new family member

- Ready Set Baby is designed to help you get ready for your baby, even if you've had a baby before.
- We will have a conversation about infant feeding, and provide you with the latest science and recommendations, so that you can make informed decisions.
- You will learn about the best ways to be cared for at the maternity center after delivery, and what to expect for once you arrive back home.



## INSTRUCTIONS FOR THE EDUCATOR

*Please use your own words wherever possible to make the education conversational. Talk with parents,, not at them. This will help them to listen well and stay engaged in the educational conversation. Important words are bolded.*

**i** *This icon represents a note, rather than suggested text.*

*Each content page contains the following components:*

- **Title and Conversation Starter** *(suggested question for engaging parents at the beginning of each topic)*
- **Main Message** *(suggested text about the most important idea to convey)*
- **Points to Cover** *(suggested text: includes any definitions, rationale and other helpful information to convey the topic accurately to parents)*
- **i Teachable Moment** *(not suggested text: this section highlights an opportunity to teach parents a particularly poignant fact related to the topic)*

# Let's get started!



## Staying healthy during pregnancy and beyond



## Infant feeding - Find out the facts!



## While you are at the maternity center

Your labor and delivery

Skin-to-Skin

Rooming-In

Feeding On Cue/  
delayed pacifier use



## Breastfeeding information & tips

Early and exclusive breastfeeding

Benefits for mothers and babies

Position and latch

Making and maintaining your milk supply

Signs your baby is getting enough milk



## Back home with your new baby

The first few weeks

Preparing for other caregivers

Just for partners

Addressing common concerns

Resources for support



# Let's get started!



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## Staying healthy during pregnancy and beyond



Staying Healthy



# Staying healthy during pregnancy and beyond

**What are some things you do to stay healthy?  
Do you have concerns about your current lifestyle?**

## MAIN MESSAGE

Overall eating recommendations don't change when you're pregnant but there are some important things to consider. In addition to eating a balanced and healthy diet, be sure to take a daily prenatal vitamin.

## POINTS TO COVER

- Always wash your hands well before making food or eating.
- Avoid deli meats, undercooked foods, and unpasteurized soft cheeses like blue cheese - they can cause illness.
- Limit your intake of large fish to avoid ingesting mercury  
**i** Refer to page 3 of the patient booklet for a list of large fish.
- If your provider says it's okay for you to exercise, aim for at least 30 minutes every day.
- Weight gain recommendations vary based on your pre-pregnancy weight. All pregnant people need to gain weight.



## **i** TEACHABLE MOMENT

Many parents have questions once they become pregnant about their lifestyle choices and whether or not they need to change their diet or behaviors. Use this time to discover what concerns they may have about their lifestyle.

- Some medications can be safely taken during pregnancy and **most are safe with lactation**. Suggest they ask their healthcare provider about medications.
- Refer them to additional resources, if necessary, about things like smoking, alcohol, marijuana, and other street drugs.
- Refer to the last fact in the section titled "Infant Feeding - Find Out The Facts!" for information about breastfeeding and medications and/or smoking, if relevant.

**INFANT FEEDING - FIND OUT THE FACTS! ►**

Staying Healthy





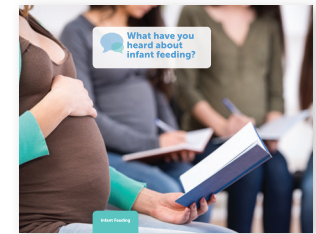
**What have you  
heard about  
infant feeding?**

**Infant Feeding**



# What have you heard about infant feeding?

Have you or anyone that you've known breastfed before?



## MAIN MESSAGE

Each of us have a unique opinions on infant feeding formed from our own experiences and those of others we know. As part of your healthcare team, we want you to know the facts.

### POINTS TO COVER

- Knowing the facts will help you **make informed choices** that are best for your family. Together, we can help you meet your own personal infant feeding goals.
- Take a look at the facts on pages 4 and 5 of the booklet - do any of these facts surprise you? Let's talk about the ones that caught your attention.

**i** Refer to Pages 4-5 of the patient booklet, "Find Out the Facts!" Allow time for review and discussion. Share that these facts are based on the most common misbeliefs parents have - they are not alone.

### **i** TEACHABLE MOMENT

*This discussion is perhaps the most important part of this counseling curriculum. **Please allow adequate time for feelings to be revealed.** Establish a mutual trust through **unbiased active listening**. What you learn will help you tailor the education you provide to mothers' unique needs.*

- **Listen attentively and thank them** for sharing what they've heard about breastfeeding.
- Be sure to **validate** their experience and **affirm** that you heard what they shared.
- Remember **there are no right or wrong opinions** - corrections may stifle expression.
- **Do not judge** comments from your own experience or perception. Just listen and affirm.
- Remember, skin-to-skin, rooming-in, and feeding on cue are important best practices for **all babies**, regardless of how they are fed.

**PREPARING FOR YOUR MATERNITY CENTER STAY ►**

Infant Feeding





# Preparing for your maternity center stay

Your labor and delivery

Maternity Center



# Your labor and delivery

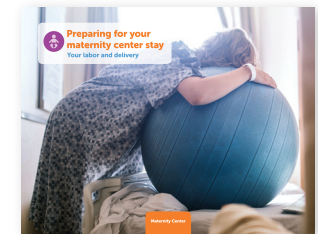
## What have you heard about the early stages of labor?

### MAIN MESSAGE

There are many ways to help cope with the pain of labor that do not involve medication. Many expectant parents find it easier to cope with early labor at home.

### POINTS TO COVER

- Call your provider when labor starts, and follow their guidance for when to come into the hospital.
- To reduce the discomforts of early labor, try deep breathing, movement and walking, massage, heat or cold compresses, and continuous support from someone you trust.
- A Doula is someone who provides continuous support throughout labor and delivery.
- Before you deliver, talk to your healthcare provider about your options for pain relief during labor. Know the benefits and concerns for each method.



### **i** TEACHABLE MOMENT

Non-medicated vaginal birth with immediate skin-to-skin contact is **optimal** for getting breastfeeding off to a good start. Patients who have received epidurals or other anesthesia can still breastfeed. **Encourage families to ask for extra support** in the beginning, as it may take longer to get breastfeeding started.

US statistics suggest that in 2016, 73.6% of those giving birth received epidurals. Younger mothers, those with more education, and those with fewer children are more likely to receive epidural anesthesia.

Be sure parents know that there are medication-free ways to help cope with the pain of labor, and **encourage them to use these methods as a first line of comfort measures**, even if other medications are planned.

**SKIN-TO-SKIN CONTACT ►**

Maternity Center





**Skin-to-Skin contact**  
Keep your baby warm  
and secure

Maternity Center



# Skin-to-Skin Contact

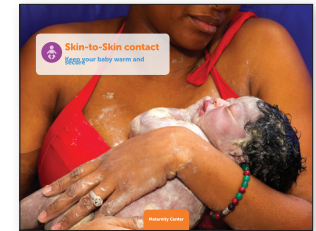
Let's imagine you've just given birth. How do you think your baby will feel when it first comes into the world?

## MAIN MESSAGE

Skin-to-skin keeps your baby warm and secure - it's the best place for your baby to be after birth, with as little interruption as possible. Your baby should be placed skin-to-skin with you right at the time of birth.

## POINTS TO COVER

- Immediate skin-to-skin means your newborn baby is placed on top of you after being dried (with a blanket to cover).
- How do you feel about having your naked baby placed right on top of you after delivery? **i** *Validate response.*
- The cream on their skin helps protect them from infection.
- Skin-to-skin helps with bonding, makes the early breastfeeds go easier, and helps to calm your baby.
- It also helps steady their breathing and blood sugars. Be sure you can always see your baby's face to look for good color and normal breathing.



## **i** TEACHABLE MOMENT

*Some expectant parents may have mixed feelings about having their baby on their belly or chest before they've both been cleaned up. Assure these individuals that others often have similar concerns, and then share why it is recommended and practiced in the best hospitals.*

*While skin-to-skin is most important immediately after delivery during those first hours, **the benefits extend beyond the immediate postpartum period.** Encourage families to spend as much time skin-to-skin as possible in the early weeks. **Partners can practice skin-to-skin, too!** It is a great way for them to bond with their baby.*

*Encourage parents to inquire with their provider about whether skin-to-skin would be possible in the event of a cesarean section.*

**ROOMING-IN DURING  
YOUR MATERNITY CENTER STAY ►**

**Maternity Center**



## Rooming-In during your stay



Maternity Center



# Rooming-In

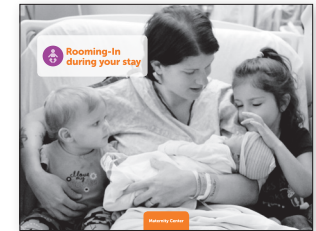
## How do you feel about having your baby with you 24/7 while you're at the hospital?

### MAIN MESSAGE

It's good for you and your baby to stay in the same room throughout your entire maternity stay, unless a medical need requires separation.

### POINTS TO COVER

- Rooming-in helps you learn how to care for your baby before you get home. It also helps you learn to respond to your baby's feeding cues and feed right when your baby is ready.
- It also makes bonding easier - smelling you and hearing your voice help to make your baby more secure and comfortable.
- Even the first bath can be done in your room. It is good to delay the first bath until your baby is used to life outside the womb.
- Have you considered who could stay with you at the hospital to help support you? It should be an adult who is a trusted family member or friend. If you ever feel unable to safely care for your infant, ask hospital staff for help.



### i TEACHABLE MOMENT

It is natural for some parents, especially first-timer mothers, to have some anxiety about suddenly caring for an infant 24/7. **Assure parents that they can use this time at the maternity center to learn how to care for their infants**, while nurses are nearby, ready to help and educate as needed.

Encourage parents to be sure to tell a staff member if they feel unable to safely care for their infant.

Help parents learn to **self-advocate** for the practices they know to be beneficial. When they take part in the decisions made about their baby's care, they will feel more confident in their parenting skills when they leave the maternity center.

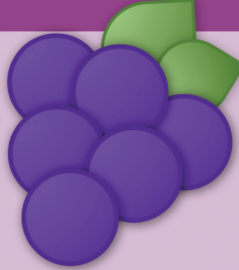
**FEEDING "ON CUE" ►**

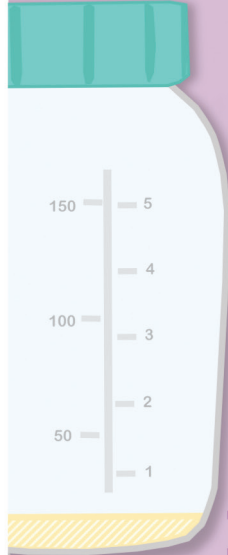
Maternity Center



# Feeding "On Cue"

Follow your new baby's lead

**DAY**  
**1**   
= grape.




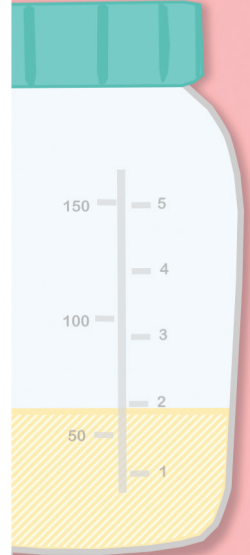
5-7ml

**DAY**  
**3**   
= cherry tomato.




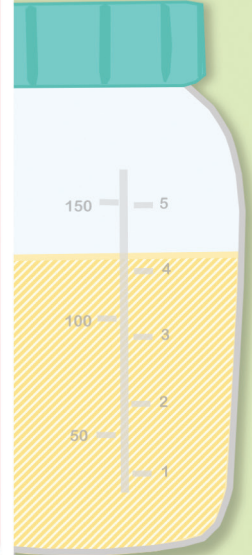
22-27ml

**DAY**  
**7**   
= strawberry.



45-60ml

**MONTH**  
**1**   
= lime.



80-150 ml

Maternity Center



# Feeding "On Cue"

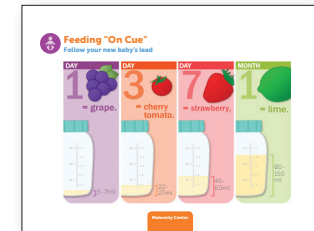
## How will your baby tell you when he or she is hungry?

### MAIN MESSAGE

Babies communicate with easy-to-recognize signs that tell us when they're hungry or full. Learn your baby's signs to know when to begin and end a feeding: **watch your baby, not the clock!**

### POINTS TO COVER

- Let's look at page 9 together for some of the common signs babies show for hunger and fullness. **i** *Refer to the patient booklet.*
- Responding to hunger cues prevents underfeeding your baby. Responding to fullness cues prevents overfeeding.
- Feeding "On Cue" helps your baby feel safe, cared for, content, and satisfied. And, it helps bring in a good milk supply!
- Crying or very fussy babies are disorganized and will have a harder time eating well. Try to calm your upset baby before feeding, or start feeding before your baby becomes upset.



### **i** TEACHABLE MOMENT

Encourage families to **trust the signs they notice in their infants**. Even if their baby just fed less than an hour ago when they shows cues of hunger, it's still okay to feed again. While in the maternity center, a baby's tummy holds only about a teaspoon full! Frequent and small amounts throughout the day and night are the best way to hydrate and satisfy their newborn.

Highlight that crying may be thought of as a hunger sign, but it is a very late sign of hunger, so **it's best to watch for and respond to other signs first**. Families should calm crying newborns before trying to feed so they are more organized. They can try cuddling, rocking, talking or humming to their baby, or skin-to-skin contact.

**EXCLUSIVE BREASTFEEDING ►**

**Maternity Center**





## Early and exclusive breastfeeding

Your milk and nothing else

Tips & Information



# Early and exclusive breastfeeding

## How do you feel about giving only your milk and nothing else to your baby?

### MAIN MESSAGE

Breastfeeding soon after birth helps you to recover quicker and slows bleeding. Doctors recommend that you feed only human milk for the first 6 months.

### POINTS TO COVER

- Exclusive breast or chestfeeding protects your baby from sickness and disease, and helps keep your milk supply up.
- Human milk is the perfect nutrition for your baby. Refer to your healthcare provider for Vitamin D recommendations.
- Did you know that your milk changes to meet your baby's needs that very moment? It is a living food that responds to our environment!
- Some parents cannot breastfeed for medical reasons. Some breastfeeding babies may need extra milk for medical reasons. Together, you and your healthcare team will find the best infant feeding plan for your family.



### i TEACHABLE MOMENT

Once a person understands what it means to exclusively breastfeed, they may be overwhelmed. Before continuing with the education, **listen to how they feel** about the idea of exclusive breastmilk feeding for 6 months. Affirm feelings and explain that **any amount of human milk will be beneficial to their baby**. Also, explain that while six months is the recommended goal, personal goals for exclusive breastfeeding may be less than that, like 6 weeks or even 6 days of exclusive breastfeeding.

**Support each person individually and help them determine their goals for breast or chestfeeding and/or breastmilk feeding.** It is important to offer this knowledge to each family, even those who plan to formula feed. It is our job as her healthcare team to ensure they have all the information so that their choices are informed.

**BENEFITS OF BREASTFEEDING ►**

**Tips & Information**



# Benefits of breastfeeding

For moms AND babies

Tips & Information



# Benefits of breastfeeding

As you look at the benefits listed on page 11, which of these surprise you the most?

## MAIN MESSAGE

We have learned a lot in recent years about how beneficial breast or chestfeeding is not only for the baby, but also for the birthing parent.

## POINTS TO COVER

- For you, breastfeeding is associated with lower risk of diseases like diabetes and breast and ovarian cancers.
- For babies, human milk is easy to digest and protects them from ear infections and stomach bugs.
- Breastfeeding is convenient and smart - your milk is always warm and ready, and there is nothing to buy or prepare.
- Continuing to provide your milk for at least a year and beyond is good for both you and your baby's health.
- Breastfeeding is worthwhile, yet it doesn't come easy for all people. It is a new skill that will take practice and support.



## **i** TEACHABLE MOMENT

*The benefits of breast or chestfeeding extend well beyond the first year of life. Let parents know they may breastfeed as long as both they and their baby desire. Breastmilk continues to provide nutritional and protective benefits to both parent and baby.*

***There is no recommended time to stop providing human milk.***

*Follow-up milks or staged formulas marketed for infants >6 months and toddlers are costly and high in sugar. The World Health Organization has published concerns stating that follow-up formula is unnecessary and unsuitable as a replacement for breastmilk. Families should avoid use of these products.*

**POSITION AND LATCH ►**

**Tips & Information**



## Position and latch

Laid back position:  
a great way to start!

Tips & Information



# Position and latch

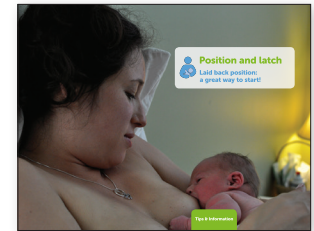
## Which position looks good to you?

### MAIN MESSAGE

A good position helps your baby get a deep latch, or attachment, which prevents nipple damage and pain. A good latch also helps your baby get more milk.

### POINTS TO COVER

- **Laying belly-to-belly** helps facilitate your baby's natural instincts that help him or her to initiate breastfeeding.
- Laid-back feeding is when you lean back comfortably, at a slant, and it's a great position to try first. If you use upright positions, be sure to lean back once you've latched.
- **i** Go over each of the other positions pictured on page 12. Point out that page 13 contains tips for latching and getting off to a great start, including instructional videos on hand expression for later use.
- Latching your baby will take practice and patience as you both learn. It is important to be comfortable and relaxed.



### **i** TEACHABLE MOMENT

**Breastfeeding discomforts are often alleviated when the mother relaxes and leans back comfortably.** When babies are able to feel gravity and weight on their front body, they're able to utilize their instinctive reflexes that help them attach to the breast in a self-organized way.

Emphasize importance of **comfort and patience** as the dyad learns together. It may be worth repeating that breastfeeding is a skill that takes time and support to learn. They will need to be patient with themselves and confident that with every challenging experience, they are learning how to best take care of their baby.

**MAKING AND MAINTAINING  
YOUR MILK ►**

**Tips & Information**





# Making and maintaining your milk

Move it or lose it



Tips & Information



# Making and maintaining your milk

## What have you heard about the process of making milk for your baby?

### MAIN MESSAGE

Your first milk (colostrum) is thick and golden. It comes in very small amounts yet is full of nutrients and immunities - just what your baby needs.

### POINTS TO COVER

- Your milk will change after a few days into larger amounts of mature milk which has more water content.
- When your baby removes milk from your breast, your brain gets the signal to make more milk. Making milk requires **frequent feedings** (at least 8-12 in 24 hours).
- If you do not remove milk from the breasts, your body will not make more milk, and this can lower your overall potential milk supply. **You've got to move it or lose it.**
- If you are separated from your baby, your nurse can show you how to hand express or pump your milk. There are also video tutorials on page 13 of your booklet.



### **i** TEACHABLE MOMENT

Many people fear they will not have enough milk. Help families **trust in the natural process** of milk production as a supply and demand phenomenon. As a baby suckles in the early hours and days, the colostrum slowly changes to larger amounts of mature milk (usually over the first 3-5 days). This is often referred to as **milk "coming in"**, but this is **misleading** because **breasts are not empty** before this time and have the right amount of nourishment for the baby.

Assure parents that frequent feedings of colostrum is the perfect way to nourish and hydrate a baby. Colostrum will mature to larger quantities with more water content to meet the hydration needs of the baby. Some babies may need extra milk for medical reasons. Introducing formula can decrease milk supply due to the missed breast stimulation and milk removal.

**SIGNS YOUR BABY IS GETTING ENOUGH MILK ►**

**Tips & Information**





## Signs your baby is getting enough milk

Tips & Information



# Signs your baby is getting enough milk

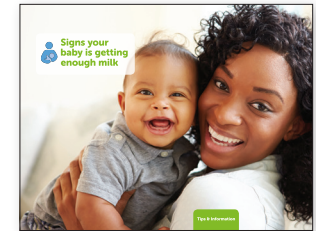
## What are some things you might look for to know that your baby is getting enough milk?

### MAIN MESSAGE

There is no need to measure how much milk your baby eats. Keeping track of wet and dirty diapers and weight gain tells you they are getting enough.

### POINTS TO COVER

- It is actually common for babies to lose weight in the first week of life, but they should regain it by 10-14 days.
- Good signs to watch for include:
  - A deep latch that feels like a comfortable tug
  - Steady sucking and swallowing with the whole jaw moving (with short pauses)
  - A content and more relaxed baby after a feeding
  - Breasts feel softer and lighter after a feeding
  - A gradual change in your baby's poop from greenish black to a lighter color is a good sign (**stools should be pale yellow, soft and seedy by the end of the first week if breastmilk feeding**).



### i TEACHABLE MOMENT

*The perception of insufficient milk is the #1 reason that parents stop breastfeeding. It is a normal concern, but it is often unnecessary. Paying attention to the signs listed in the booklet will help parents evaluate feedings and **prevent unnecessary supplementation or anxiety about low milk supply**. That said, a parent's concerns should be validated, and if they are not confident their baby is getting enough, they should make an appointment with their provider for evaluation.*

*Refer families to page 15 for additional signs to look for, including those that indicate they should get some help. Many families don't realize that babies typically lose weight in the first week of life but should regain their birth weight by 10-14 days of life. **Encourage them to keep their Ready Set Baby booklet to refer to after delivery.***

**REVIEWING WHAT WE'VE LEARNED ►**

**Tips & Information**

**A B C** **Let's review what we've learned**  
These maternity practices matter. **WHY?**



Home with Baby



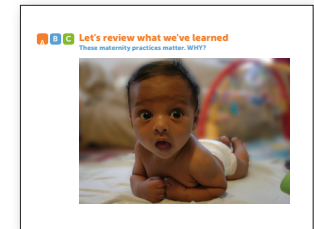
# Reviewing what we've learned

## MAIN MESSAGE

We've gone over a lot of information. Let's review what we've learned by brainstorming reasons why these practices are so important.

### POINTS TO COVER

- Let's take a look together at the list on page 16 in your booklet.
- i** *Draw attention to the questions about the sections you have covered thus far - it may not be all of these if you have split up the education. Once they see the page, try a question/answer game.*
- Let's try it without looking first, and then we'll review together. Why is it important to ... *[stay healthy, practice skin-to-skin, room-in 24/7, feed on-cue, breastfeed, feed only breastmilk, get a good latch]?*
- i** *Watch for any confusion and allow time for parents to clarify any questions they may have about the reasons why to do these beneficial practices.*



### **i** TEACHABLE MOMENT

*Reviewing education helps parents retain the information they are receiving from you. **This section is a great place to tailor your education to individual families.** Use the knowledge you have gained about what this family knows and is comfortable with to decide which topics to focus the review on. Where do they need extra support and encouragement? Focus there. Did they have concerns or questions about one of the topics? Include that review topic here.*

**THE FIRST FEW WEEKS AT HOME ►**

**Home with Baby**





**The first few weeks**  
Changes for the whole family

Home with Baby



# The first few weeks

## What plans have you made for help after delivery?

### MAIN MESSAGE

Responding to your new baby's needs can be challenging in the beginning. Be patient with yourself during this time. It does get easier!

### POINTS TO COVER

- Plan to nest in with your family after getting home and limit visitors and phone calls. Give yourself permission to take care of yourself and your baby and do little else if you can.
- Taking good care of yourself will help you take good care of your baby. Be sure you get plenty of fluids, foods, and rest.
- Create a network of support BEFORE your baby is born.  
**What friends, neighbors, or family can you ask to help?**
- Be mindful of your mood. Some change in mood is normal, but you should ask for help if you experience unusual sadness, worry, anxiety or depression.



### **i** TEACHABLE MOMENT

#### ***New parents do better with support after birth.***

*Talk through personal situations and encourage families to create a network of support. Neighbors, coworkers, friends, or family may want to lend a helping hand or have recent experience with newborns. Someone could organize daily meal drop-offs, child care for older children, or transportation rides to appointments if necessary. Any family staying with them should be asked to help with household chores to allow the birthing parent to rest and recuperate.*

*Mental health during pregnancy and postpartum should not be overlooked. About 15-20% of postpartum parents experience significant depression or anxiety during this time. **Encourage them to be mindful of their mood and to seek help for unusual symptoms.** They are not alone and with the support of their provider, they can recover and feel well again.*

### PREPARING FOR OTHER CAREGIVERS ►

Home with Baby





# Preparing for other caregivers

Going back to work or school

Home with Baby



# Preparing for other caregivers

## What is your plan for when you go back to work/school?



### MAIN MESSAGE

Many parents continue to feed only breastmilk to their babies, even after returning to work or school. Planning ahead will help make things go easier.

### POINTS TO COVER

- You'll want to breast or chestfeed as much as possible while you are with your baby, and pump your milk into a storage container for later use while separated from your baby.
- Pumping while you are away will help you continue to produce enough milk for your baby, and will provide the milk for feedings by other caregivers.
- Many employers provide lactation rooms or a space for parents to use, and many insurance providers reimburse the cost of a personal breast pump.
- Continuing to provide breastmilk will mean less sick days for you (because your baby will be sick less often).

### **i** TEACHABLE MOMENT

*Planning ahead can help this difficult transition go as smooth as possible for new families. It is vital that they talk to their supervisor and/or human resource office about their plans for continuing to provide breastmilk, after taking all available leave. If a lactation room isn't already available, arrangements can be made to create one before they will need to use it.*

***Empower them with the knowledge that by continuing to breastfeed, they are less likely to miss days from work since their baby is less likely to get sick.*** There are resources listed in the booklet that they can provide to their employer that explain the laws and the rationale for supporting breastfeeding families at work.

**JUST FOR PARTNERS  
AND LOVED ONES ►**

**Home with Baby**





**Just for partners  
and loved ones**  
Breastfeeding is a team effort

Home with Baby



# Just for partners and loved ones

## How do your loved ones feel about breastfeeding?



### MAIN MESSAGE

Your loved ones will want to help out after delivery. Tell them ahead of time how to best support you in a way that supports you and your baby to breastfeed.

### POINTS TO COVER

- It is important to help partners and family feel included in newborn care since they cannot breastfeed. Share with them the information in your booklet, especially page 19.
- They can do other things to get to know your newborn like practicing skin-to-skin contact, giving baths, holding the baby in a baby-carrier, and learning infant massage.
- Encourage them to **learn** about breastfeeding, **support** you in your efforts, and **provide** comfort to you as you all adjust to the new baby.

### **i** TEACHABLE MOMENT

*It's important that partners and other loved ones know that **breastfeeding is a team effort** and that their support is a crucial component to meeting the family's breastfeeding goals. **The best support allows the new dyad to learn breastfeeding together, and helps recognize when help is needed.** Partners or loved ones who are eager to feed the newborn can be encouraged to wait until breastfeeding is going well.*

*Read aloud the case study on Page 19 of a partner who wanted their partner to formula feed because they wanted to help with feeding. Once the partner realized the health benefits of breastfeeding, they decided to devote themselves to other ways of bonding with the baby.*

### COMMON CONCERNS ABOUT YOUR NEWBORN ►

Home with Baby



## Common concerns after you are home

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# Common concerns after you are home

## MAIN MESSAGE

Sometimes parents have concerns in the first week or two. Some of the most common concerns are addressed in this booklet. You can read them now and refer to them again once you are home with your baby.

## POINTS TO COVER

- Let's take a look together at the list on Page 20 in your booklet. **i** *Allow time for review and discussion.*
- Have you considered any of these already?
- Anytime you have concerns about your baby's health or well being, contact your healthcare provider.
- You may not have any of these concerns, yet it is important to know that **many breastfeeding problems are short-lived** with the proper support!



## **i** TEACHABLE MOMENT

*Self-confidence plays a key role in a person's ability to meet their breastfeeding goals. Encourage them to take advantage of available support if they run into difficulties. **Many early breastfeeding problems can be resolved with proper support** so parents can achieve their personal infant feeding goals. It's important that families are empowered to seek help early when they are having concerns.*

**Encourage parents to trust their instincts.** *If something doesn't seem right or normal, they should seek help immediately. It is better to have sought help and not end up needing it, than to wait too long to seek help, and put the health of themselves or their baby at risk.*

## RESOURCES FOR HELP ►

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## Resources for support

Nationwide help at your fingertips

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# Resources for support

## What kinds of resources have you discovered in your community?



### MAIN MESSAGE

There are many groups and organizations that exist to provide new parents confidential support when they need it most. Many maternity centers have clinics to help with breastfeeding, and your local health department is also a good resource for information and help. You are not alone.

### POINTS TO COVER

- Your booklet lists national resources, such as toll-free hot-lines for mood disorders, depression or domestic violence.
- There are also a lot of breastfeeding related resources available on-line if you are able to access a computer.
- Many people find it very helpful to meet with other new parents in their community after birth – **do you think it might be nice to hear stories from other families?**

### **i** TEACHABLE MOMENT

*Modern society is missing the support that the “village” lifestyle provided to new families. Many parents feel alone with many unanswered questions during the early days and weeks of a new baby’s life. Help them realize the importance of seeking out support in their community and asking for help when they need it. **Share any local resources with them, and encourage them to ask their nurse at the birthing facility for a list of local resources to support postpartum families.***

QUESTIONS? ►

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## What questions do you have?

Nationwide help at your fingertips

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