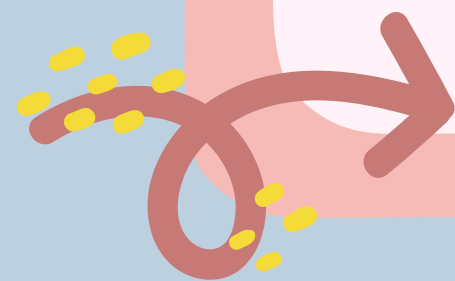
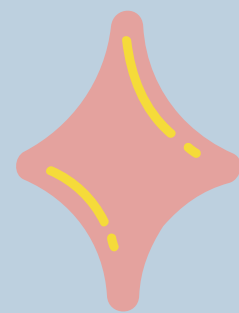


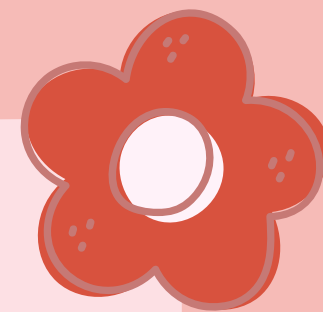
# B.E. Ready Bootcamp

OPEN CITIES HEALTH CENTER  
BIRTH EDUCATION (B.E.) BOOTCAMP



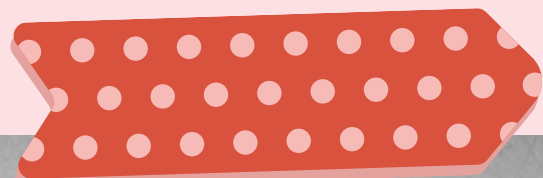


We're so  
glad you  
are here,  
so YOU  
can  
BE Ready!

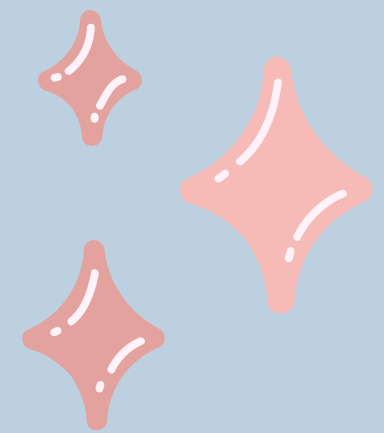


# BE Ready Flow

- Part 1 - Birthing
- Part 2 - Baby
- Part 3 - Breastfeeding
- Part 4 - Blues

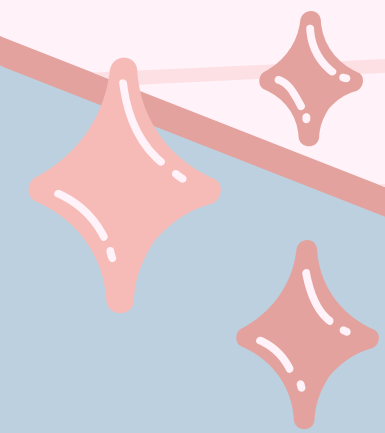


# Bootcamp Goals



## OUR FIRST GOAL

Provide basic birthing, postpartum, breastfeeding, emotional wellness and newborn information.



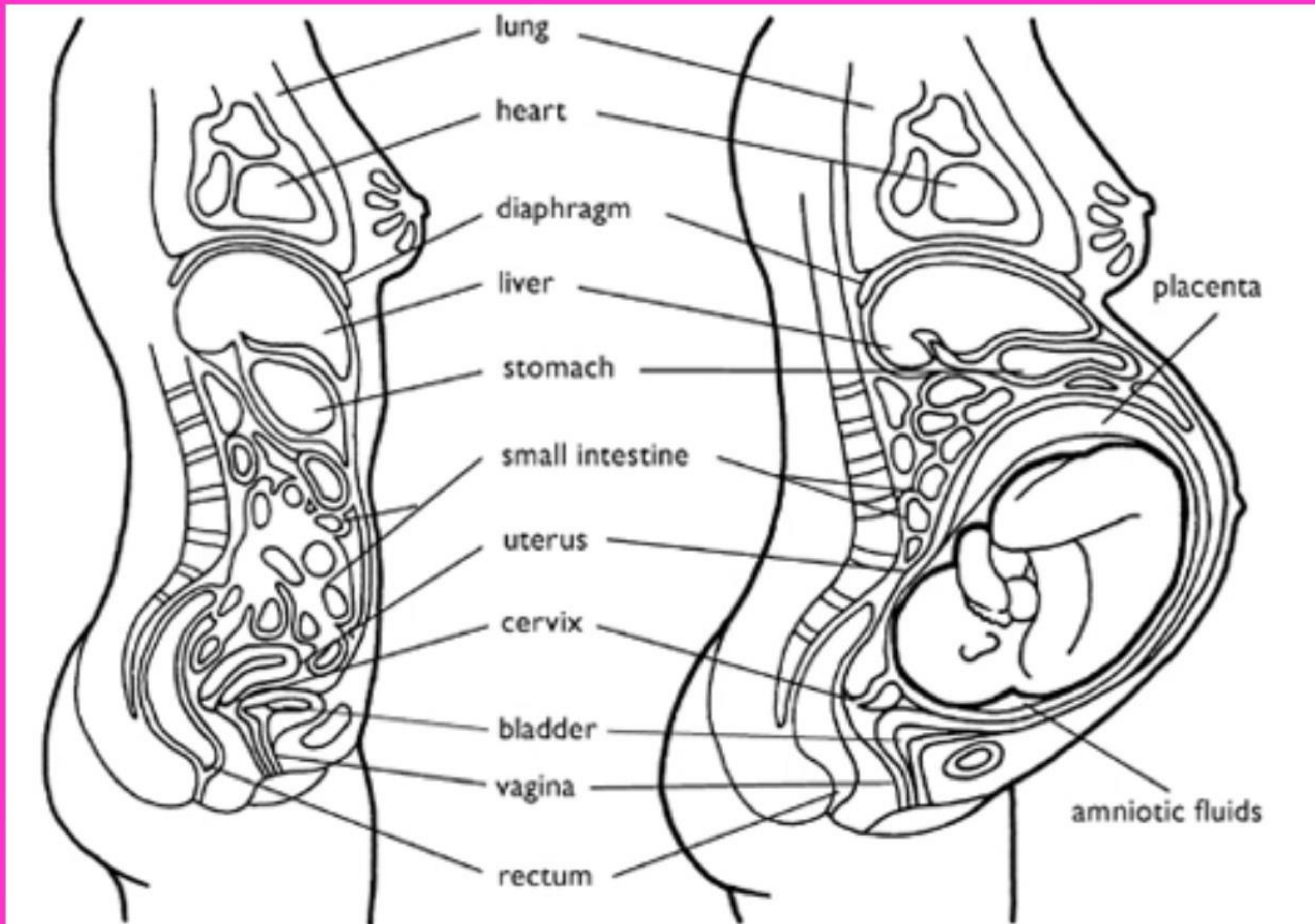
## OUR SECOND GOAL

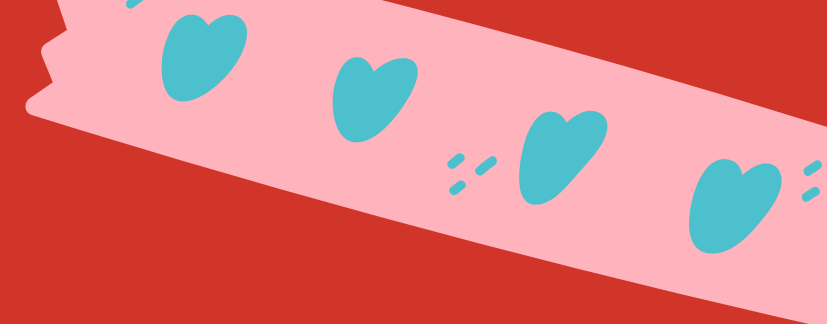
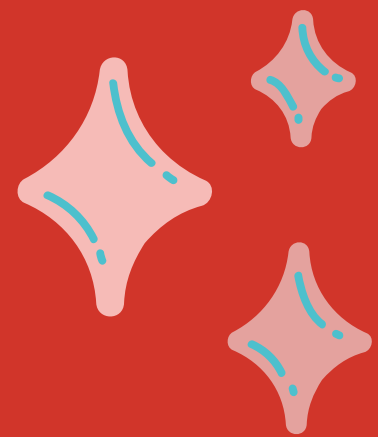
To provide supplemental resources and education.

## OUR THIRD GOAL

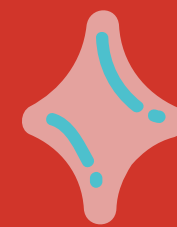
To encourage you to have conversations with your OB or Newborn provider about topics presented as needed.

# Anatomy of Pregnancy





# Part 1: Birthing Knowledge



## LABOR & BIRTHING

- Labor: Preterm vs. Term
- Contractions
- Stages of Labor
- Birthing Videos

## LABOR VARIATIONS

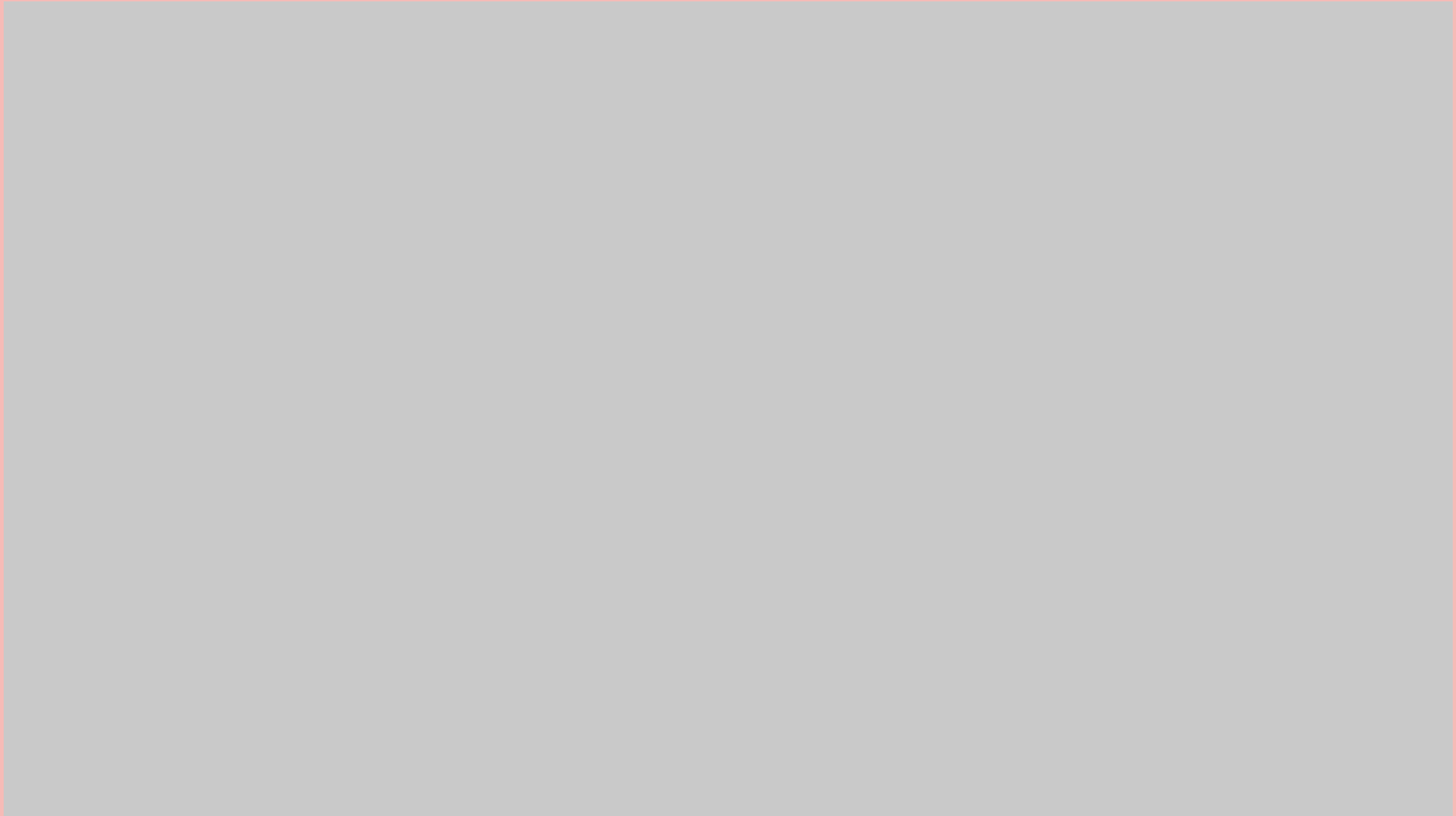
- Inductions (BP, DM, etc.)
- Oxytocin/Magnesium
- Vacuum/Forceps/C-Section

## LABOR PAIN MANAGEMENT OPTIONS

- Non-pharmacologic
- Pharmacologic

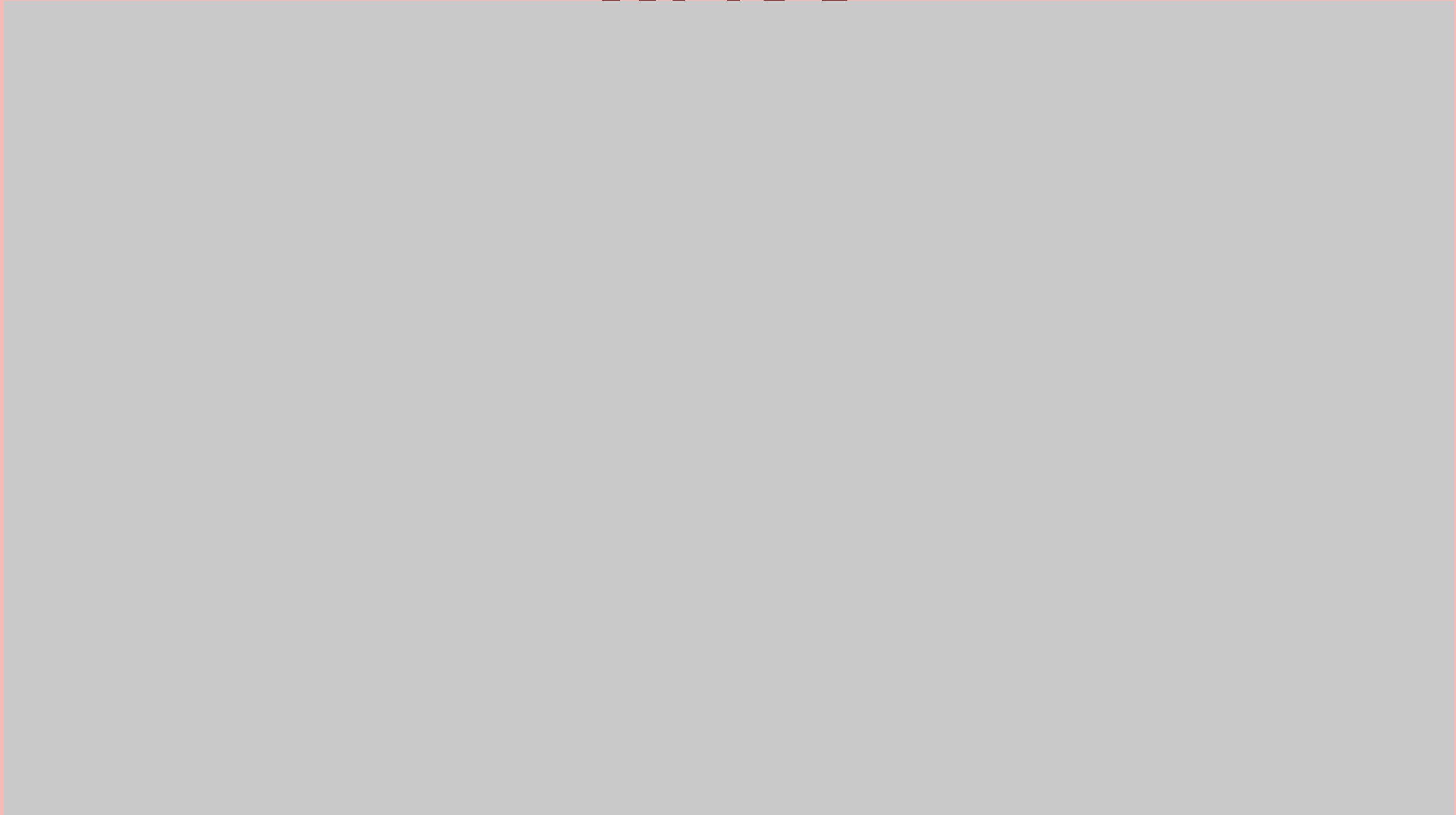


# Signs of Labor Video



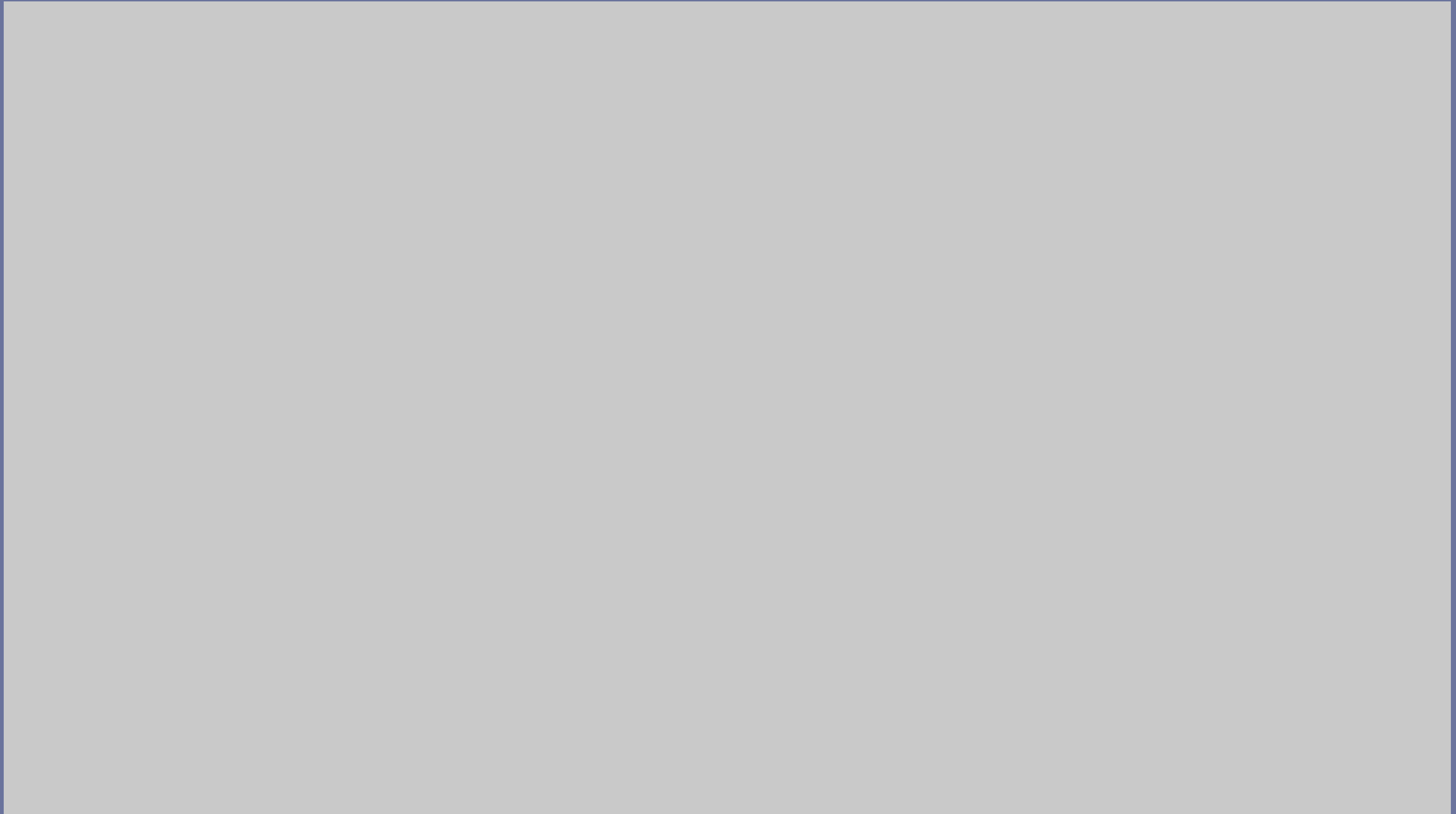
# Counting Contractions

Video





# Stages of Labor Video

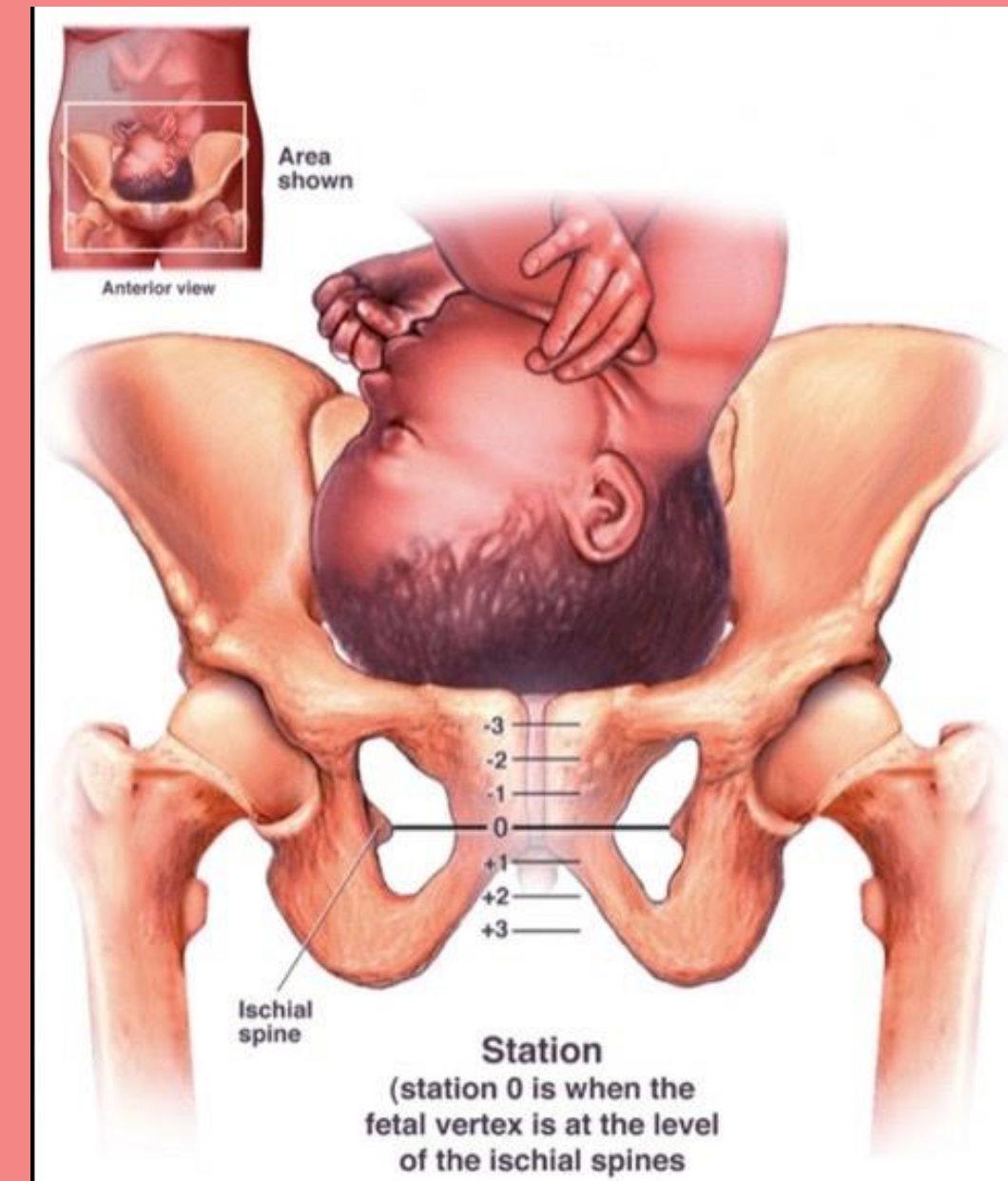


# Birthing Interventions & Management

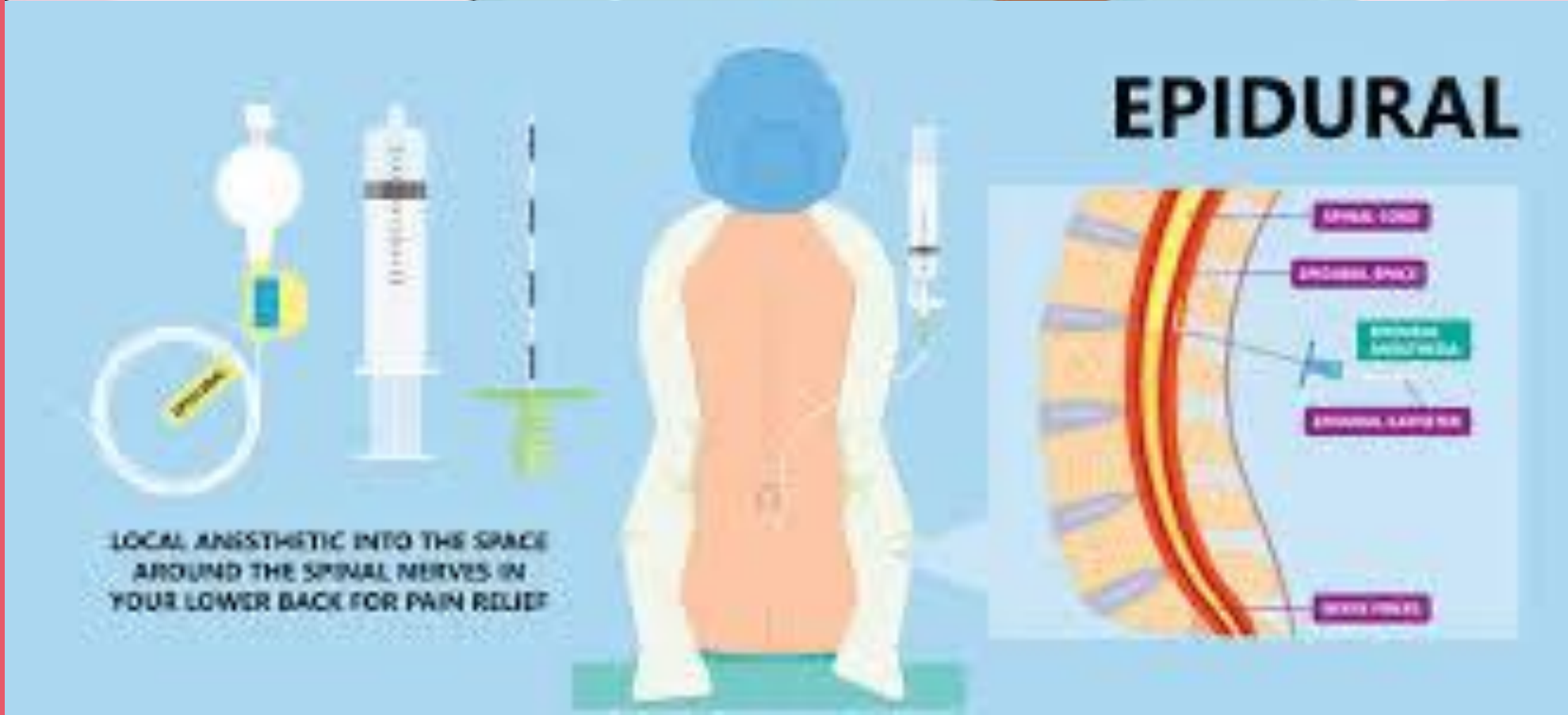
PITOCIN  
(INDUCTION/  
AUGMENTATION)  
MAGNESIUM  
(PREECLAMPSIA)  
Insulin (Diabetes)



# Birth Instrument



# Labor Management



## Labor Pain Relief Options

### Medical

- Epidural
- Spinal Block
- Narcotics
- Nitrous Oxide

### Non-Medical

- Self-help
- Water therapy
- Massage therapy
- Distraction techniques



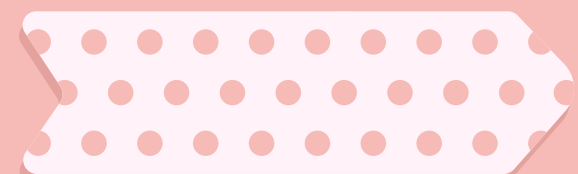
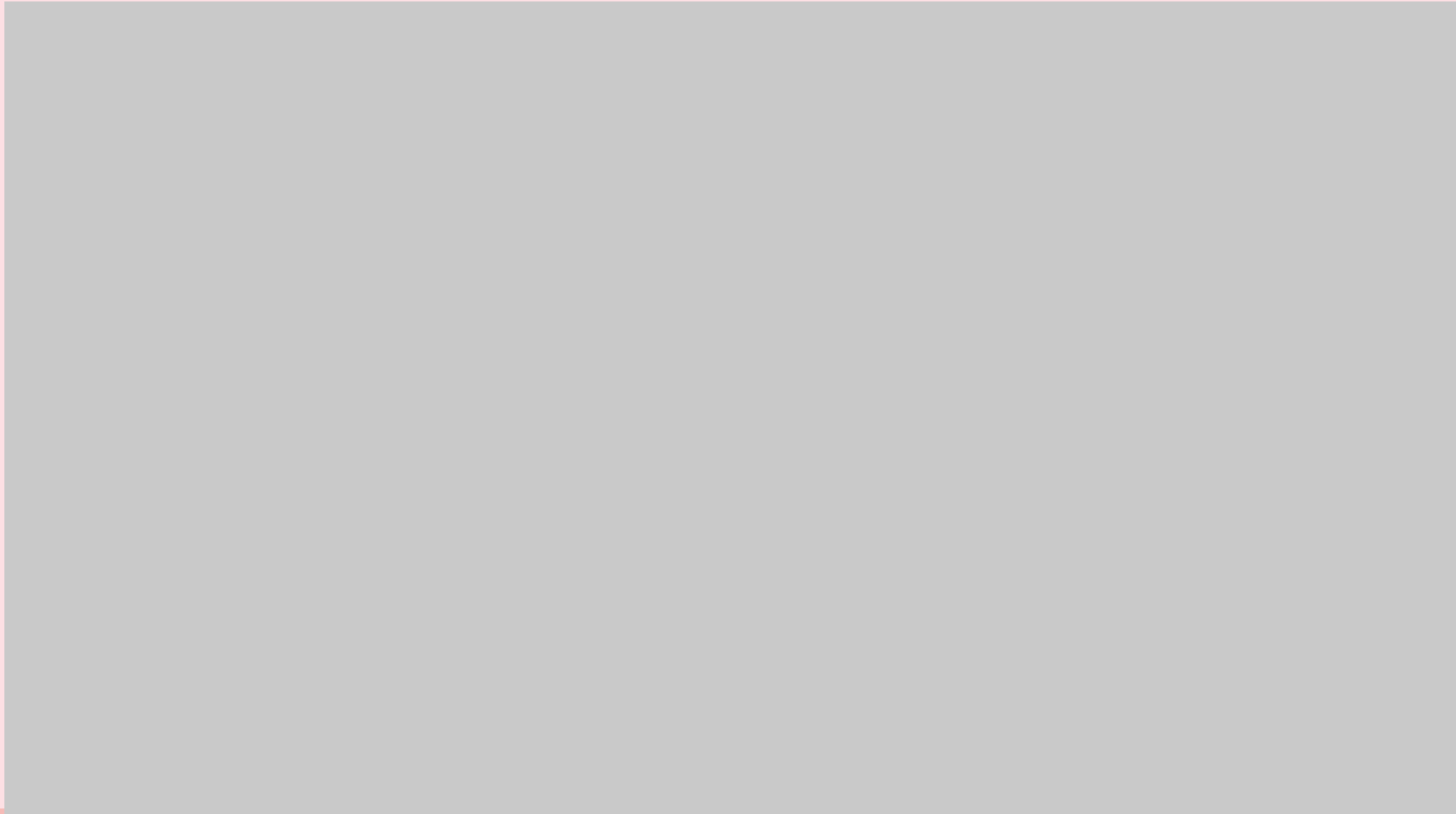
# Natural Birth Video



# C-Birth Video



# Labor Positions Video



# Birthing Takeaways



## THE FIRST POINT

Your body was designed to birth. Everyone one's birth journey is their own, so trust yours!



## THE SECOND POINT

Knowledge can help you feel more prepared for the unpredictability of birth.  
Ask questions!

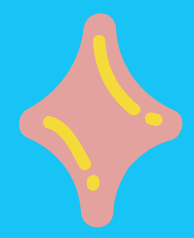
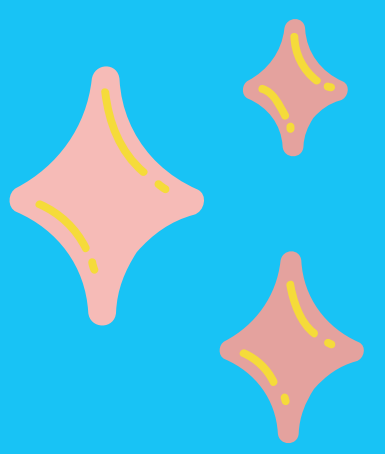
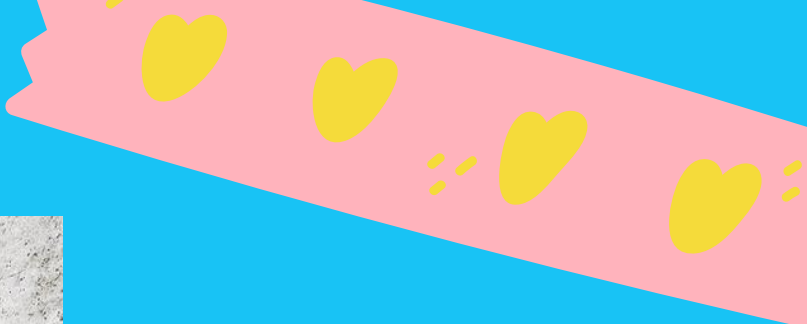


## THE THIRD POINT

Birthing should not be done alone. Having a support person (or doula) can improve the outcomes.

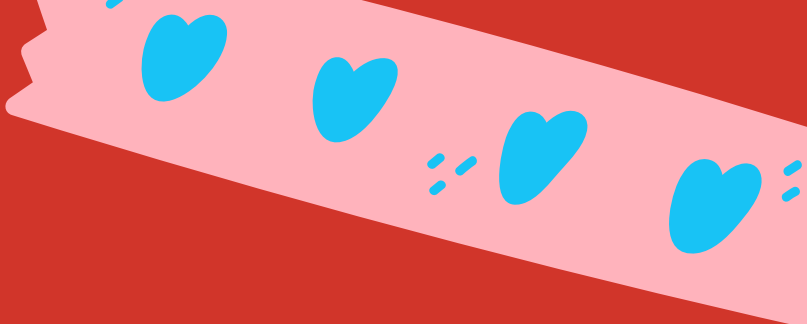






# Birthing Questions





# Part 2: Baby Knowledge



## HOSPITAL STAY

- Meds & Vaccines
- Newborn Screening
- Hearing Test
- Heart Screening (CCHD)

## SAFE PRACTICES

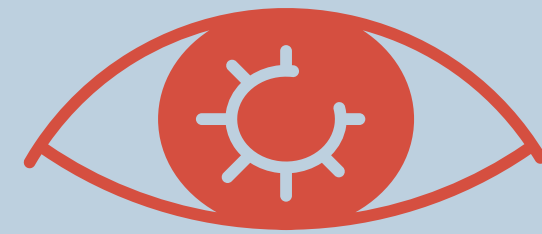
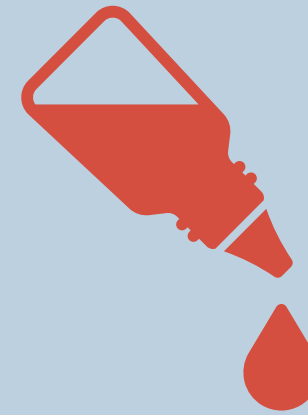
- Car Seats
- Safe Sleep
- SIDS/SUID
- Baby-Proofing House

## MEDICAL CARE

- Well Child Exams
- Immunization Schedule
- Warning Signs



# Hospital Stay



# Safe Practices



## Learn the 6 Steps to Always Safe Sleep Baby BIRTH TO ONE YEAR



**1** Sleep baby ALONE.

**2** Sleep baby on his BACK.

**3** Sleep baby in a CRIB. ALWAYS!

**4** Put nothing in baby's sleep area.

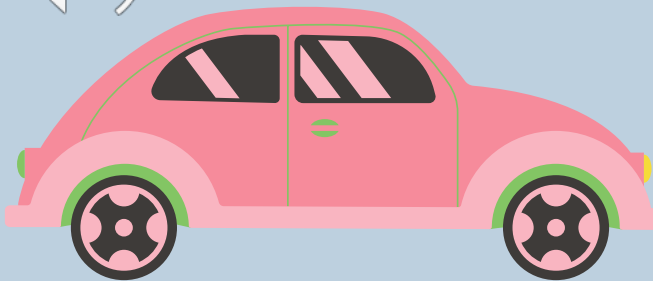
**5** Do not overdress baby.

**6** Do not smoke anything around baby.

Safe Sleep Baby  
**A**LONE **B**ACK **C**RIB  
ALWAYS!

THE CHILD ABUSE PREVENTION CENTER

Partially provided by:  
**FIRST5 SACRAMENTO**



# Medical Care

## Well-Child Checkups and Immunizations/Vaccinations



	Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months	18 Months	19-23 Months	2-3 Years	4-6 Years
<b>Immunizations</b>		Well-Child Checkup	Well-Child Checkup	Well-Child Checkup	Well-Child Checkup	Well-Child Checkup	Well-Child Checkup	Well-Child Checkup		Well-Child Checkup	Well-Child Checkup
<b>Hepatitis B</b>	Hep B	Hep B			Hep B						
<b>Rotavirus</b>			RV	RV	RV						
<b>Diphtheria, Tetanus, Pertussis</b>			DTap	DTap	DTap		DTap				DTap
<b>Haemophilus Influenzae Type B</b>			Hib	Hib	Hib	Hib					
<b>Pneumococcal</b>			PVC	PVC	PVC	PVC <sup>1</sup>					
<b>Polio</b>			IPV	IPV	IPV						IPV
<b>Influenza</b>					Influenza (Yearly) <sup>2</sup>						
<b>Measles, Mumps, Rubella</b>						MMR					MMR
<b>Varicella</b>						Varicella					Varicella
<b>Hepatitis A</b>						HepA, 2 doses <sup>1</sup>					

Shaded boxes indicate the vaccine can be given during shown age range.

# Newborn Testing

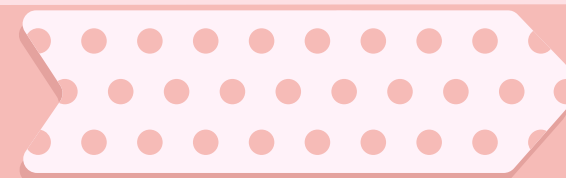
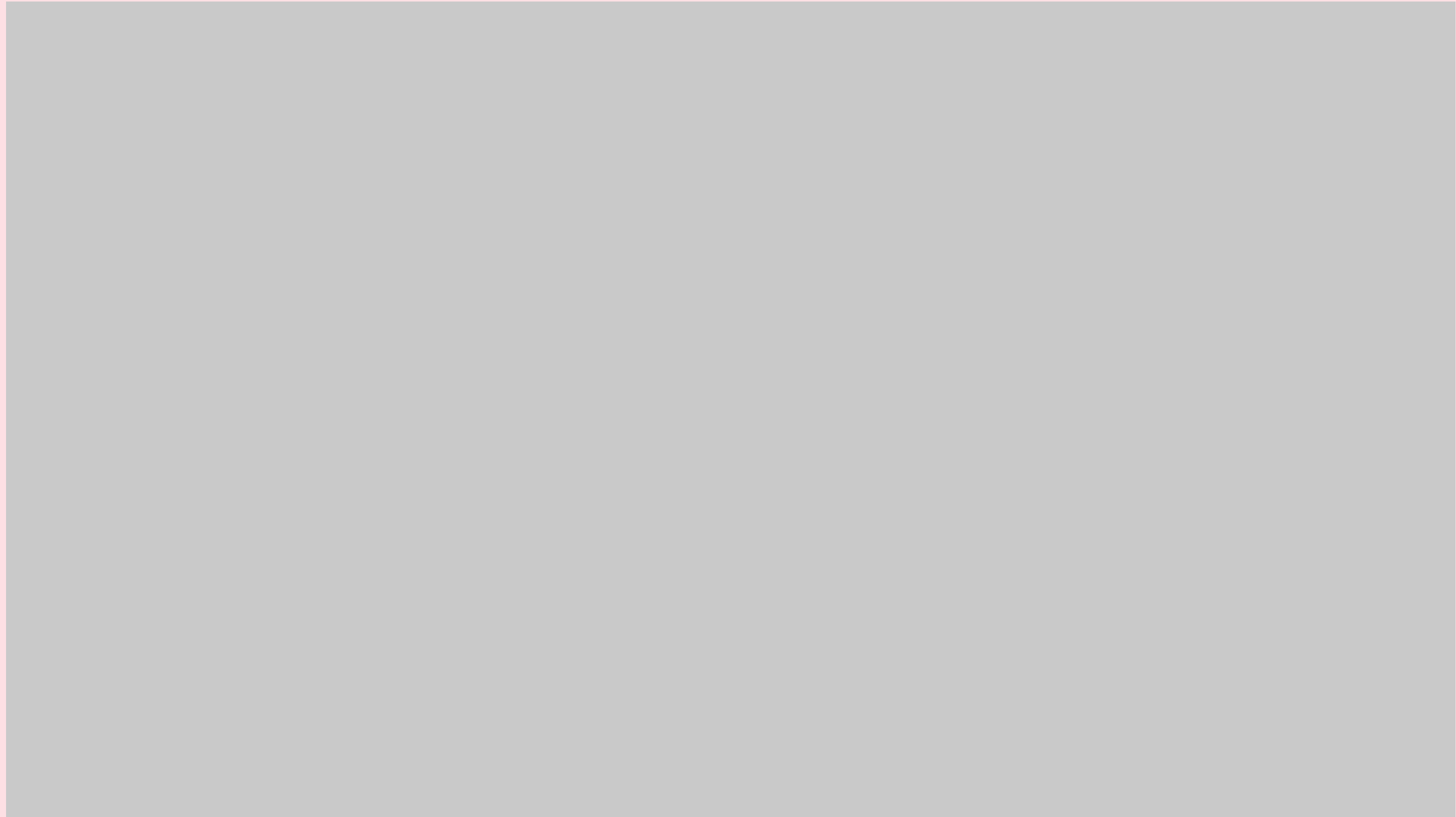


**Well**

**Child**

**Check**

**Video**



# Baby Takeaways



## THE FIRST POINT

After your baby is born your care team will do several assessments to make sure your baby is healthy before leaving the care facility.



## THE SECOND POINT

Your baby will be totally dependent on you to remain healthy and safe. Find a baby care team and make sure to keep all well child visits.



## THE THIRD POINT

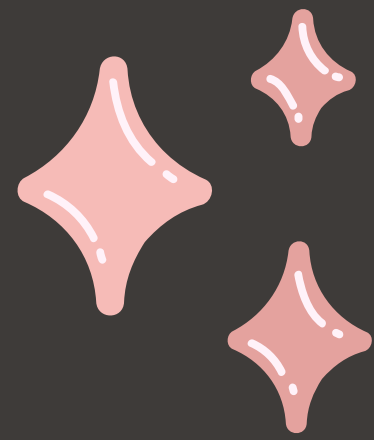
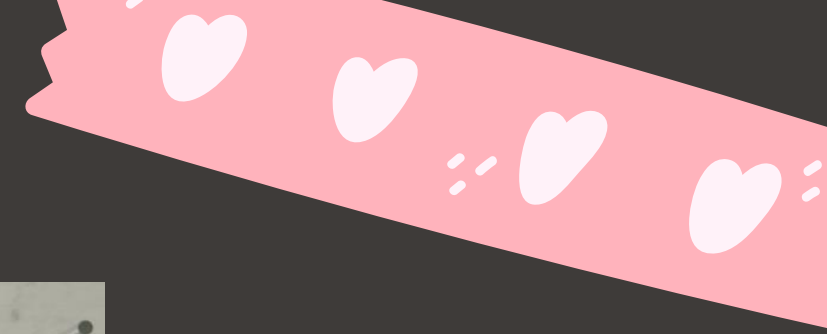
Babies do NOT come with manuals, so ask questions. Be willing to adjust to accommodate your baby's needs.



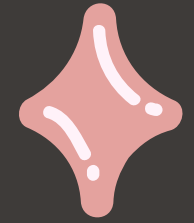


# Baby Questions





# Bio-Break





# Part 3: Breastfeeding Knowledge

## PROCESS

- Breast Structure
- Milk Production
- Positioning & Latch

## CHALLENGES

- Engorgement
- Plugged Ducts
- Mastitis
- Milk Supply

## STORAGE

- Usage Timeline
- Pumped Milk



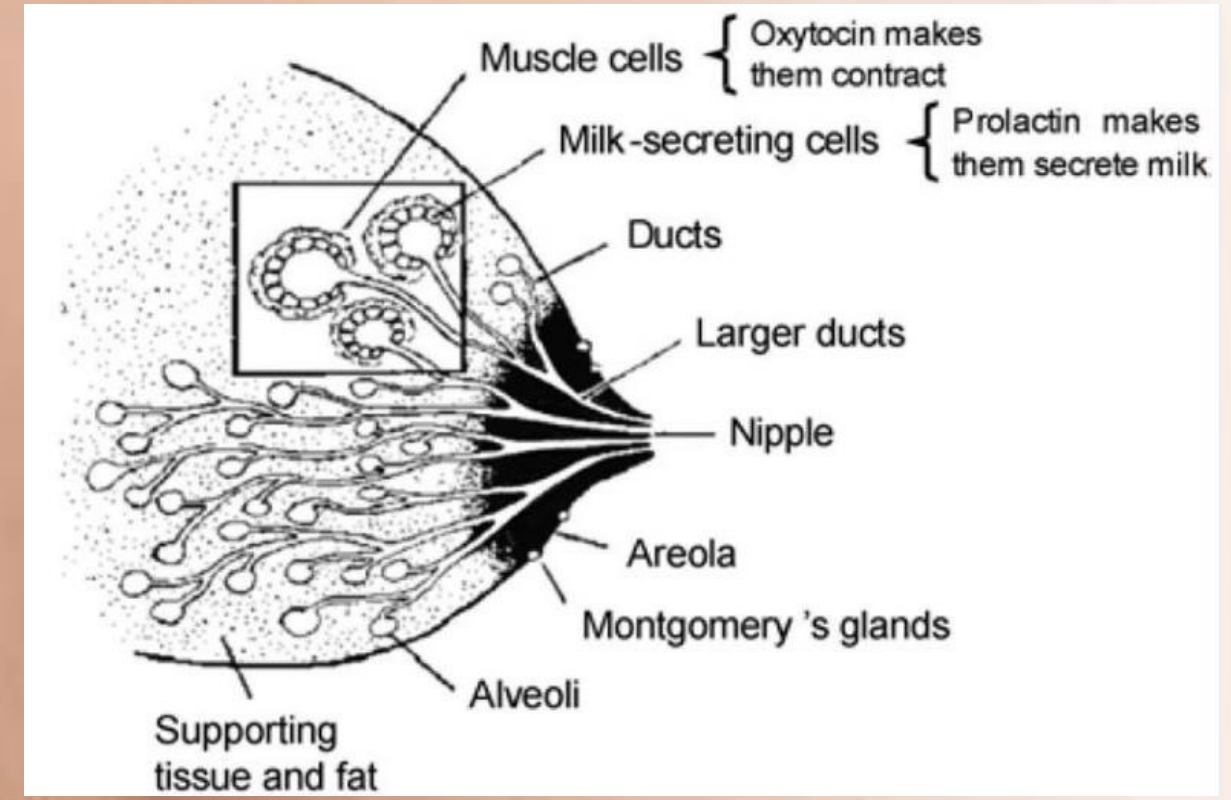
# Anatomy

**MILK DUCT**  
The tube  
milk travels  
through.

**NIPPLE**

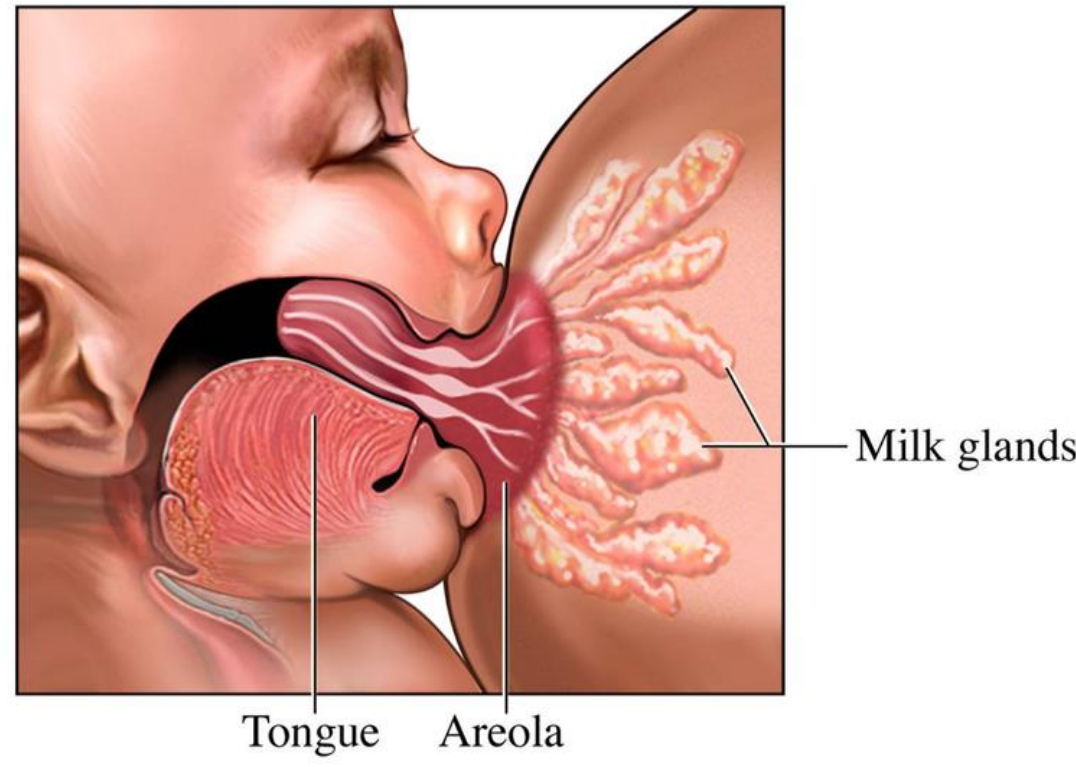
**ALVEOLI CELLS**  
Grape-like clusters  
of tissue that  
secrete milk.

**AREOLA**  
The dark area  
around the nipple.

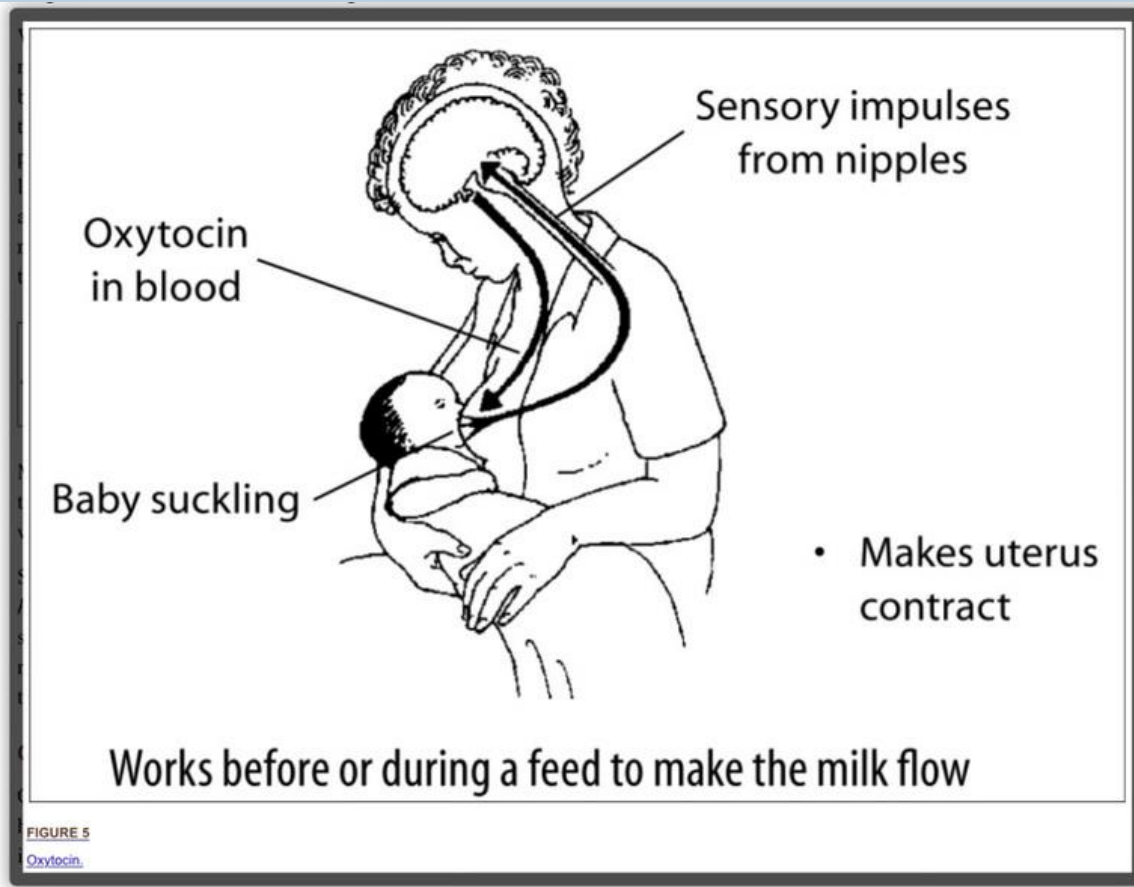


# Process

## BREASTFEEDING BASICS How to Get a Proper Latch



Medical Illustration Copyright © 2015 Nucleus Medical Media. All Rights Reserved.



## Common Breastfeeding Problems



Sore nipples



Breast engorgement



Plugged milk ducts



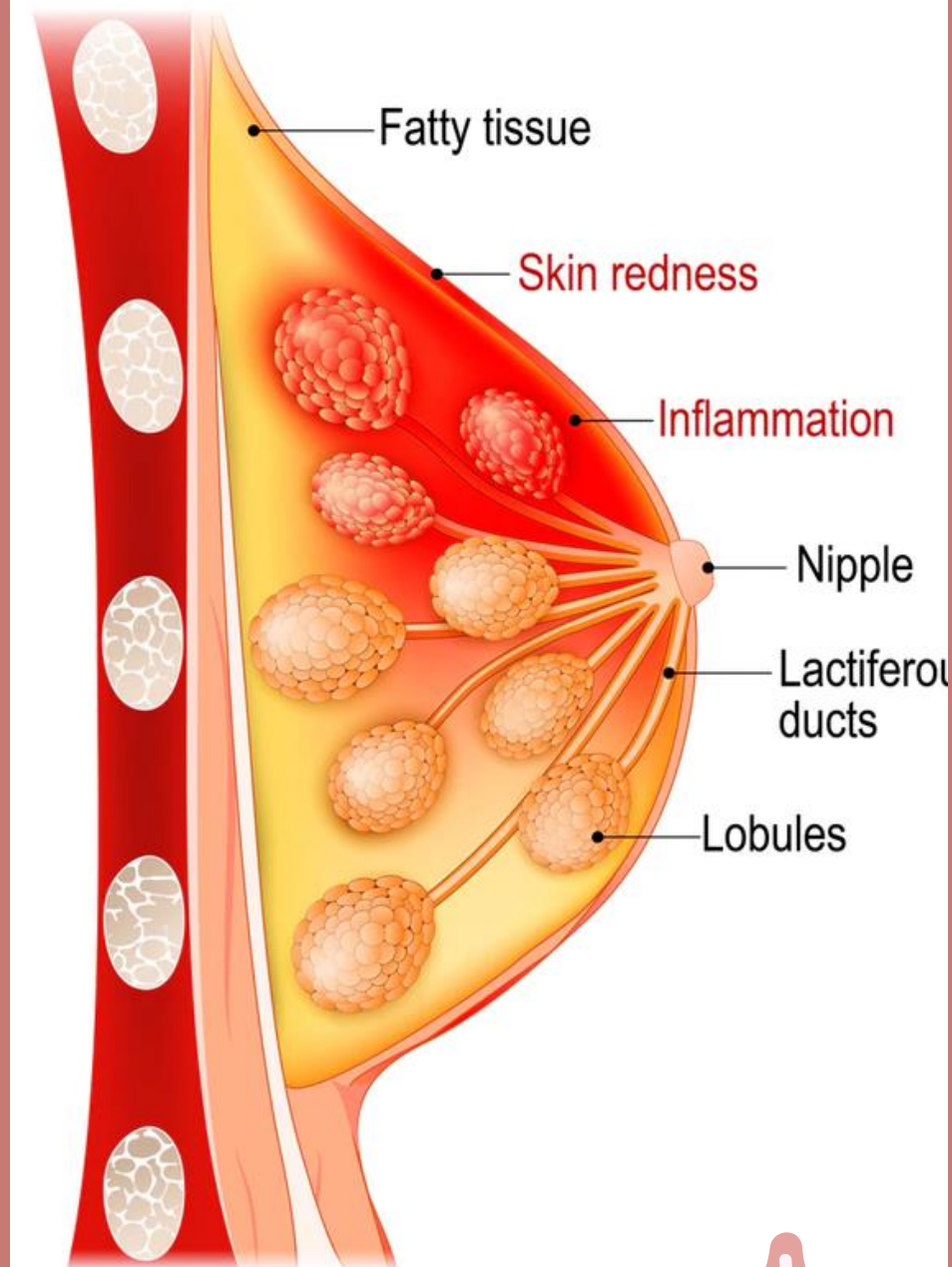
Low breast milk supply



Overabundant supply of milk

verywell

## MASTITIS



# Challenges



# Pumping & Storage

## Breast Pumping Tips



Use the right breast pump



Make sure breast flanges fit



Make yourself comfortable



Use the pump correctly



Prepare a snack & a drink



Apply warm, moist heat to breasts

## HOW TO STORE BREAST MILK



Store milk in 2 or 4 oz. increments for easy thawing.



Storage bags can be stacked, saving freezer space.



Always store milk in the back of the refrigerator or freezer where it's coldest.



### TIPS FOR WARMING OR DEFROSTING BREAST MILK

- From the refrigerator: Place in a bowl of warm water, or under warm running water.
- Frozen: Place in the refrigerator overnight. Use within 24 hours. Never refreeze breast milk.
- Do not use hot water or the microwave as this can destroy some of the milk's properties.
- Fat will rise to the top of the breast milk. Gently swirl to mix. Do not shake.
- Use within one hour after warming. Discard any breast milk you don't use during a feeding.



Room temperature

FRESH EXPRESSED BREAST MILK

4 hours at 66-72°F (19-22°C)

THAWED BREAST MILK (previously frozen)

Do not store; throw away



Cooler with frozen ice packs

24 hours at 59°F (0-4°C)

Do not store; throw away



Refrigerator

5-7 days at 32-39°F (0-4°C)

24 hours



Freezer of a self-contained refrigerator/freezer unit

3-6 months at 1-32°F

Never refreeze thawed milk



Deep freezer

6-12 months at 0°F (-19°C)

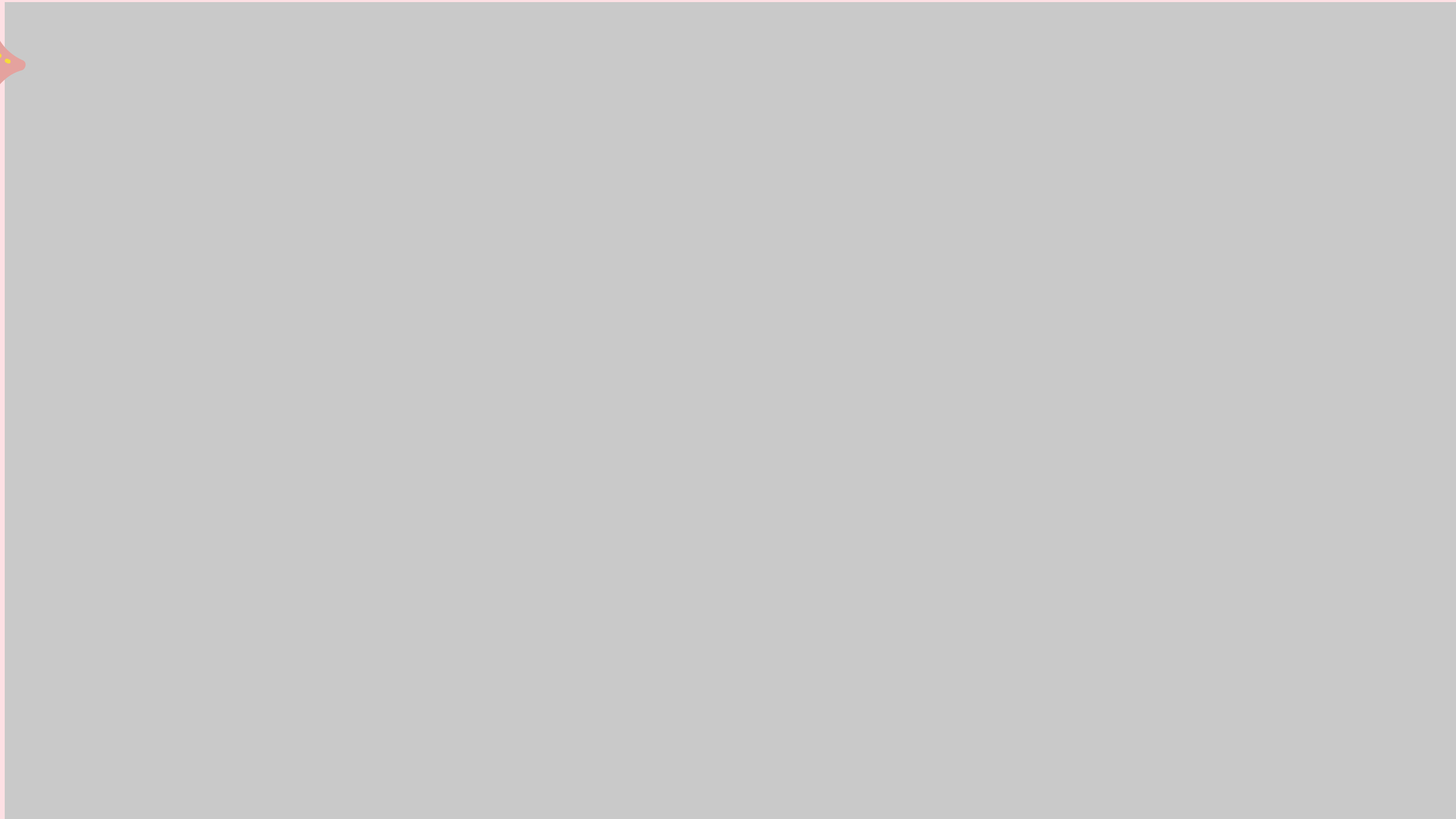
Never refreeze thawed milk

For more information, visit [beaumont.org/maternity](http://beaumont.org/maternity)

Beaumont CHILDREN'S



# Latch Video





# Breastfeeding Takeaways



## THE FIRST POINT

Breastfeeding is natural, saves ton of money, and does NOT make your baby MORE needed.



## THE SECOND POINT

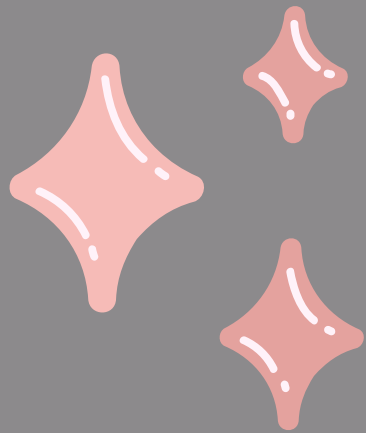
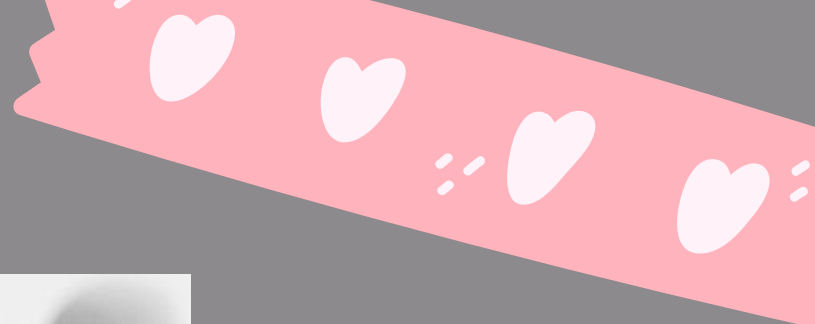
Breastfeeding is WORK, but with support, you can have a successful breastfeeding journey!



## THE THIRD POINT

Breastmilk is beneficial even if pumped or hand expressed and given in a bottle.





# Breastfeeding Questions





# Part 4: Blues Knowledge

## COMMON MOODS

- Baby Blues
- Fatigue
- Aches & Pains

## MOOD DISORDERS

- PP Depression
- PP Anxiety
- PP Separation
- Psychosis/Delusions

## PROFESSIONAL CARE

- Keep your PP visits
- Warning Signs
- PSI: 1-800-944-4773 (4PPD) or Text HOME to 741741



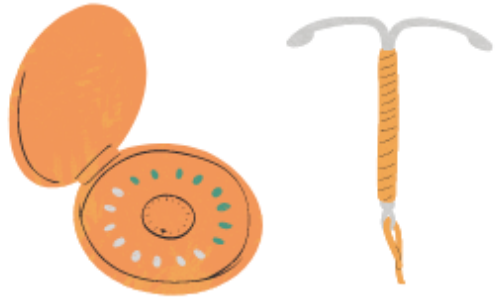
# Postpartum Visits

Questions to ask your provider to make sure you're set up for success!

@Postpartum.PUSH

## Birth Control

"What are my options for Birth control?"



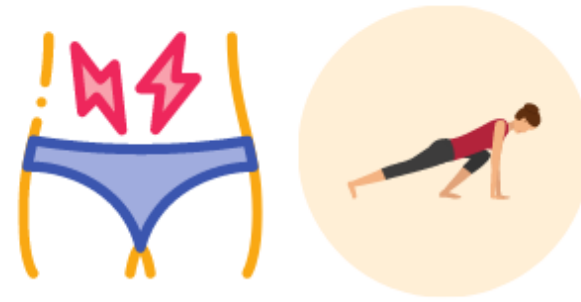
## Sex

"What can I expect for sex postpartum?"



## Pelvic Floor

"Do you suggest pelvic floor physical therapy?"



## Abdominal Muscles

"Do I have abdominal muscle separation?"



## Lactation

"I am having trouble with \_\_\_\_\_ what may help?"



## Mood

"I have felt \_\_\_\_\_ lately, can you test me for mood disorders?"



Postpartum  
Care  
is  
VITAL!!!





# PERINATAL MOOD AND ANXIETY DISORDERS (PMADS)

Perinatal: Anytime during pregnancy through the first year postpartum



Depression  
(PPD)



Anxiety  
(PPA)



Panic Disorder



Obsessive  
Compulsive  
Disorder (OCD)



Postpartum  
PTSD



Bipolar  
Disorders



Postpartum  
Psychosis



# SYMPTOMS

# TREATMENT OPTIONS



Feelings of guilt, shame or hopelessness



Feelings of anger, rage, or irritability, or scary and unwanted thoughts



Lack of interest in the baby or difficulty bonding with baby



Loss of interest, joy or pleasure in things you used to enjoy

Disturbances of sleep and appetite



Crying and sadness, constant worry or racing thoughts



Physical symptoms like dizziness, hot flashes, and nausea



Possible thoughts of harming the baby or yourself



Counseling

Medication

Support from others

Exercise

Adequate sleep

Healthy diet

Bright light therapy

Yoga

Relaxation techniques



## RISK FACTORS



History of depression, anxiety, OCD



Pregnancy or delivery complications, infertility, miscarriage or infant loss



Abrupt discontinuation of breastfeeding



Thyroid imbalance, diabetes, endocrine disorders



Premenstrual Syndrome (PMS)



History of Abuse



Lack of support from family and friends



Financial stress or poverty



Unwanted or unplanned pregnancy

Postpartum Support International | [www.postpartum.net](http://www.postpartum.net) | 800.944.4773 (call or text)



# Blues Takeaways



## THE FIRST POINT

Postpartum or Baby Blues is common but should NOT last beyond two weeks.



## THE SECOND POINT

Postpartum depression and anxiety disorder are COMMON and can be exacerbated with other existing mental health conditions, so plan ahead.



## THE THIRD POINT

Postpartum Visits are CRITICAL. Perinatal Mood Disorder is nothing to be ashamed of, so get PROFESSIONAL HELP!





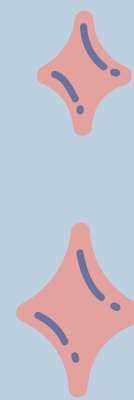
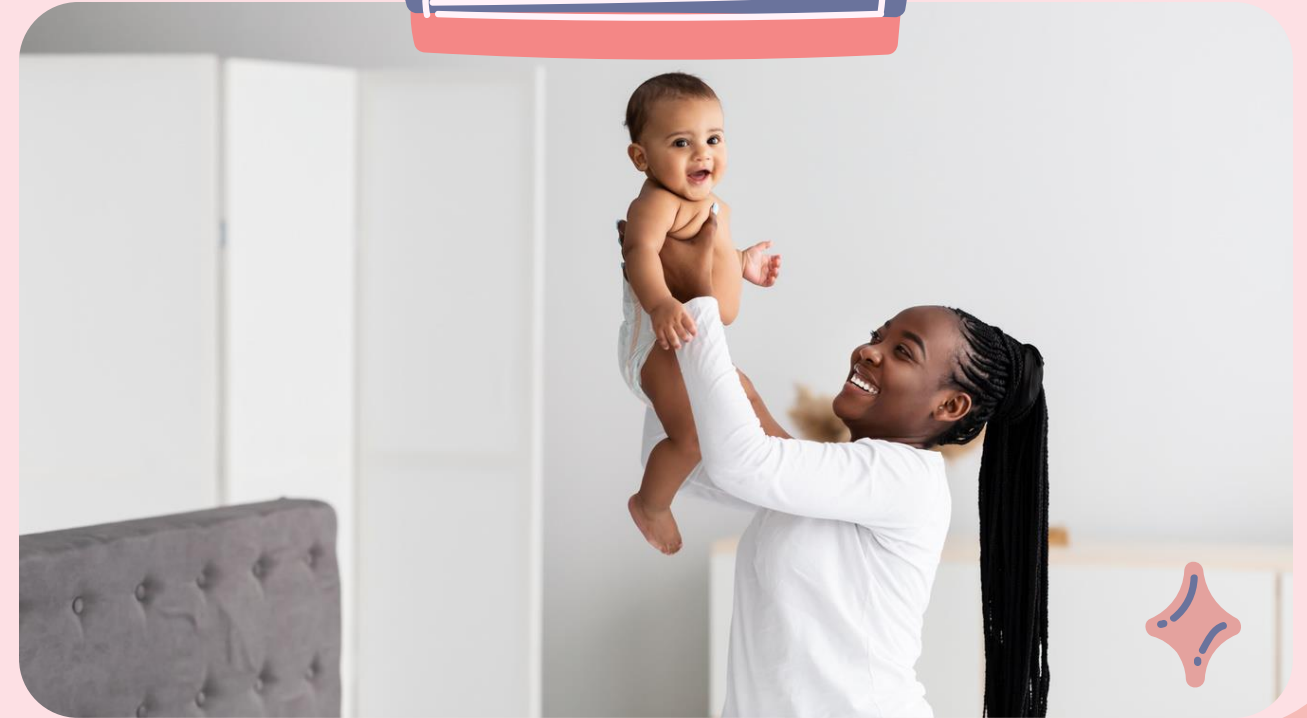
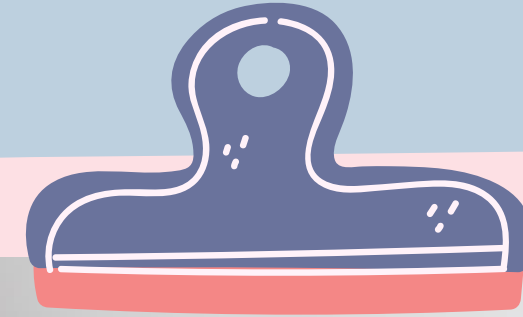


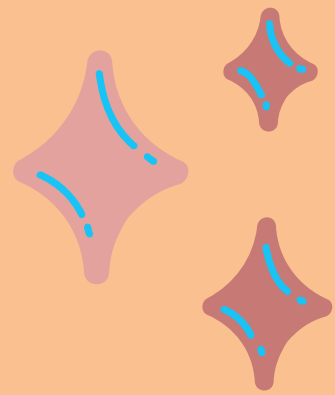
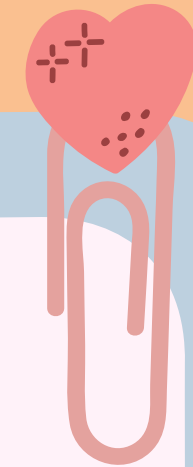
# Blues Questions



# Supplemental Handouts

Be sure to ask you care team for the BE Ready Bootcamp Supplemental handouts if you have not received them!





Thank You

Questions?

Call Open Cities - 651-290-9200

