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

- lung
- heart
- diaphragm
- liver
- stomach
- small intestine
- uterus
- cervix
- bladder
- vagina
- rectum
- placenta
- amniotic fluids
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
Birthing Interventions & Management

- Pitocin (Induction/Augmentation)
- Magnesium (Preeclampsia)
- Insulin (Diabetes)
Birthing Instrument

- Forceps
- Pressure Catheter
- Scalp Electrode
- Vacuum

Station (station 0 is when the fetal vertex is at the level of the ischial spines)
Labor Pain Relief Options

Medical
- Epidural
- Spinal Block
- Narcotics
- Nitrous Oxide

Non-Medical
- Self-help
- Water therapy
- Massage therapy
- Distraction techniques
Natural Birth Video
Your body was designed to birth. Everyone one’s birth journey is their own, so trust yours!

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

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.
# Medical Care

## Well-Child Checkups and Immunizations/Vaccinations

<table>
<thead>
<tr>
<th>Immunizations</th>
<th>Birth</th>
<th>1 Month</th>
<th>2 Months</th>
<th>4 Months</th>
<th>6 Months</th>
<th>12 Months</th>
<th>15 Months</th>
<th>18 Months</th>
<th>19-23 Months</th>
<th>2-3 Years</th>
<th>4-6 Years</th>
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<tbody>
<tr>
<td><strong>Hepatitis B</strong></td>
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<td><strong>Diphtheria, Tetanus, Pertussis</strong></td>
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<tr>
<td><strong>Haemophilus Influenzae Type B</strong></td>
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<td><strong>Pneumococcal</strong></td>
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<td><strong>Polio</strong></td>
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<td><strong>Influenza</strong></td>
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<td></td>
<td>Influenza (Yearly)²</td>
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<tr>
<td><strong>Measles, Mumps, Rubella</strong></td>
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<td>MMR</td>
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<td>Varicella</td>
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<td>HepA, 2 doses¹</td>
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Shaded boxes indicate the vaccine can be given during shown age range.
After your baby is born your care team will do several assessments to make sure your baby is healthy before leaving the care facility.

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.

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
MILK DUCT
The tube milk travels through.

NIPPLE

AREOLA
The dark area around the nipple.

ALVEOLI CELLS
Grape-like clusters of tissue that secrete milk.
BREASTFEEDING BASICS
How to Get a Proper Latch

1. Baby suckling
   - Milk glands
   - Oxytocin in blood
   - Sensory impulses from nipples
   - Makes uterus contract
   - Works before or during a feed to make the milk flow

2. Baby Stimulates Nipple
3. Baby Empties Breast
4. "There's a baby to feed!"
5. Pituitary Gland
6. Prolactin

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Process
Challenges

Common Breastfeeding Problems

- Sore nipples
- Breast engorgement
- Plugged milk ducts
- Low breast milk supply
- Overabundant supply of milk

MASTITIS

- Fatty tissue
- Skin redness
- Inflammation
- Nipple
- Lactiferous ducts
- Lobules
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

<table>
<thead>
<tr>
<th>Storage Location</th>
<th>Fresh Expired Breast Milk</th>
<th>Shared Breast Milk (Previously Frozen)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridge</td>
<td>4 hours at 66-72°F (19-22°C)</td>
<td>Do not store; throw away</td>
</tr>
<tr>
<td>Cooler with frozen ice packs</td>
<td>24 hours at 59°F (15°C)</td>
<td>Do not store; throw away</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>5-7 days at 33-38°F (0-4°C)</td>
<td>24 hours</td>
</tr>
<tr>
<td>Freezer of a self-contained refrigerator/freezer unit</td>
<td>3-6 months at 0°F (-18°C)</td>
<td>Never refreeze thawed milk</td>
</tr>
<tr>
<td>Deep freeze</td>
<td>6-12 months at 0°F (-18°C)</td>
<td>Never refreeze thawed milk</td>
</tr>
</tbody>
</table>

**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.

For more information, visit beaumont.org/maternity
Breastfeeding Takeaways

THE FIRST POINT
Breastfeeding is natural, saves a 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

- 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

TREATMENT OPTIONS

- Counseling
- Medication
- Support from others
- Exercise
- Adequate sleep
- Healthy diet
- Bright light therapy
- Yoga
- Relaxation techniques
<table>
<thead>
<tr>
<th>Risk Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>History of depression, anxiety, OCD</td>
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<tr>
<td>Pregnancy or delivery complications, infertility, miscarriage or infant loss</td>
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<tr>
<td>Abrupt discontinuation of breastfeeding</td>
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<tr>
<td>Thyroid imbalance, diabetes, endocrine disorders</td>
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<tr>
<td>Premenstrual Syndrome (PMS)</td>
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<tr>
<td>History of Abuse</td>
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<tr>
<td>Lack of support from family and friends</td>
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<tr>
<td>Financial stress or poverty</td>
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<tr>
<td>Unwanted or unplanned pregnancy</td>
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</tbody>
</table>

Postpartum Support International | 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 your care team for the BE Ready Bootcamp Supplemental handouts if you have not received them!
Thank You

Questions?
Call Open Cities - 651-290-9200