Best Start - Prenatal Education Program

Postpartum Changes



Chantal and Amar



Common discomforts:

- Sore breasts
- Cramps in the uterus
- o Perineum soreness
- Vaginal flow
- Difficulties with urination and bowel function
- Changes in the menstrual period

















Birth control options with no effect on breastfeeding:

- Lactational Amenorrhea Method (LAM)
- Male and female condoms
- Spermicides
- Intrauterine Contraceptive Device (IUD)
- Diaphragm
- Vasectomy (permanent)
- Tubal ligation (permanent)





Hormone-based birth control choices include (progestin-only - baby > 6 weeks)

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

Estrogen and progestin (if all other methods have been ruled out)

- Birth control pill
- Birth control patch
- Vaginal contraceptive ring



When to Seek Medical Attention



"Baby Blues"



Postpartum Mood Disorders (PPMD)



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Postpartum Mood Disorders (PPMD)

You are more at risk if you:

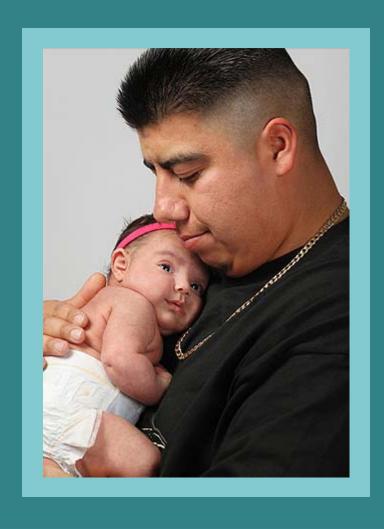
- Have been depressed or anxious during your pregnancy.
- Have a history of depression and/or other mood disorders.
- Have family members with mood disorders.
- Had a recent stressful life event such as a move or a loss
- in the family.
- Have little social support.
- Have relationship difficulties with close family members.

Coping with PPMD

What mom can do	What partner, family, and friends can do
Ask for help	Listen and support her feelings
Take care of yourself - sleep, nutrition, exercise	Develop your relationship with the baby
Take time for yourself	Ask her how you can help
Get counseling or join a support group	Educate yourself about PPMD
Consider medication	Take care of yourself



Postpartum Depression in Fathers/Partners



PPD Symptoms in Men



Note to Fathers/Partners



Video



Transition to Parenting



Transition to Parenting

Who is most responsible?								
Partner's Responsibility	Both Responsible			Moth	Mother's Responsibility			
1 2 3		4 5	6	7 8	9	10		
Using the above scale, rate of listed below. Compare the affind ways to compromise in General Areas	nswers a	nd identify ere you dif	areas that are simi	lar and use these				
grocery shopping preparing meals cleaning up after meals repairs around the house house cleaning general shopping paying bills laundry making social arrangements car maintenance home decorating yard work snow removal			staying home feeding playing with health care dental care transporting bedtime comforting sick child up at night diapering toilet training play dates diaper bag					



For More Information

- 24hr Cribside Assistance
 www.newdadmanual.ca
- 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
- Postpartum Dads website: www.postpartumdads.org
- Postpartum Mood Disorder Support Groups
- Postpartum Men website: www.postpartummen.com
- The Society of Obstetricians and Gynaecologists

This Best Start Resource Centre teaching tool was developed with input from a wide range of individuals from these organizations





























The information represents the best practice guidelines at the time of publication. The content is not officially endorsed by the Government of Ontario. Consult your health care provider for information specific to your pregnancy.



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