

Best Start – Prenatal Education Program

# Postpartum Changes

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by/par health **nexus** santé



# Chantal and Amar



# Your Changing Body

## Common discomforts:

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





# Your Changing Body



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# Your Changing Body





# Your Changing Body





# Sexuality and Birth Control



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# Sexuality and Birth Control

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)

# Sexuality and Birth Control



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

Mother's Responsibility

1

2

3

4

5

6

7

8

9

10

Using the above scale, rate where you would place your and your partner's responsibility for the tasks listed below. Compare the answers and identify areas that are similar and use these strengths to help you find ways to compromise in areas where you differ widely.

### General Areas

Partner

Mother

### Child Care Areas

Partner

Mother

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  
gardening  
birth control

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staying home  
feeding  
playing with  
health care  
dental care  
transporting  
bedtime  
comforting  
sick child  
up at night  
diapering  
toilet training  
play dates  
diaper bag  
doctor's appt

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*From Virginia Collins, Childbirth Experience, with permission.*

## For More Information

- 24hr Cribside Assistance  
[www.newdadmanual.ca](http://www.newdadmanual.ca)
- Best Start Hubs
- Best Start website:  
[www.lifewithnewbaby.ca](http://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](http://www.postpartumdads.org)
- Postpartum Mood Disorder Support Groups
- Postpartum Men website:  
[www.postpartummen.com](http://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



*Algoma*  
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*The Phoenix Centre*  
for Children & Families



THE SOCIETY OF  
OBSTETRICIANS AND  
GYNAECOLOGISTS  
OF CANADA  
LA SOCIÉTÉ DES  
OBSTÉTRICIENS ET  
GYNÉCOLOGUES  
DU CANADA



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**FIRA**

[www.fira.usgva.org/](http://www.fira.usgva.org/)  
Father Involvement Research Alliance



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**THE CHILDBIRTH EXPERIENCE**  
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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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[www.beststart.org](http://www.beststart.org)

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