

Postpartum Handout



Congratulations! Your baby has arrived. Need Reliable information?

The Early Years book is published by Alberta Health Services and it is provided free to all parents in the province. You should have received the two books at your first prenatal. If you don't have the book, all of the information is online on the website <https://www.healthyparentshealthychildren.ca/>

Click on '**I'm a parent tab**' at the top toolbar.

We recommend the book or the website as it is an excellent source of information.

Below are some references you may find useful:

Topic	Book page	Website tab under 'I'm a parent'
Common Health Concerns for baby	251	Birth to 2 months - How Your Newborn Looks & Common Concerns
Every day for the first two months	215	Birth to 2 months - Newborns: sleeping, crying, and everyday care
The Crying plan/Colic information	230	Birth to 2 months - Newborns: sleeping, crying, and everyday care
Breastfeeding - latching, common problems	151, 176	Feeding your baby - breast feeding
Feeding by bottle	190	Feeding your baby - General Infant feeding Information, Formula feeding your baby
Introducing Solids	294	Older babies 6-12 months - Starting solid foods
Preventing Injuries - Car seats, Preventing falls, safe sleep	256	Birth to 2 months - Newborns: safe sleep & injury prevention OR Health across the ages - healthy homes and preventing injuries
Growing and learning with your baby	19-32, 247	Young babies: 2-6 months - 2-6 months Growing and learning together
Taking care of yourself/Mood changes	131/136	Birth to 2 months - Parenting a Newborn: Taking Care of Yourself
Child development	19-32	Overview of parenting - How children grow and develop

Pelvic Floor Information

Whether you delivered your baby vaginally or had a c-section, being pregnant alone can change the function of your pelvic floor and core muscles. During pregnancy your abdominal muscles

are stretched and your pelvic floor carries extra weight. During labour and vaginal birth your pelvic floor stretches to allow the baby's head to pass through the vagina. During a c-section your abdominal muscles are separated to access the uterus to deliver your baby.

Having a weak abdomen or pelvic floor can cause:

- Leaking from your bladder
- Painful intercourse
- Pelvic, abdominal, hip, or back pain. It can also lead to pain/injury in your knees or elsewhere.

The good news is with specific therapy or strengthening these symptoms can resolve. Here are some resources to help:

1. Your body after baby video produced by the AHS pelvic floor clinic:

https://youtu.be/0Xa5b7ewyLk?si=k6kdR8Q_iaZIPN1N

2. AHS webinars by the pelvic floor clinic - recovery after baby 2x1 hour online Zoom classes:

<https://www.albertahealthservices.ca/findhealth/service.aspx?Id=1008362>

3. Look in your Healthy Parents book pages 49-50, or on the website:

<https://www.healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/physical-activity/#pelvic-floor>

4. See a Pelvic floor physiotherapist - for clinics look for the link or our website or ask your physician for the list.

Contraception Information:

Please visit the link handout on the Foothills Maternity Group Website. Or the Society of Obstetrics and Gynecology website <https://www.sexandu.ca/contraception/> For information on contraception after baby. Your doctor will discuss the options further with you at future visits.