

# *Mother & Baby*



Care Guide

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## BIRTH CERTIFICATE AND SOCIAL SECURITY NUMBER

### Baby's Birth Certificate

During your hospital stay, a staff member will ask you to fill out information for your baby's birth certificate. Please have the following information ready:

- Correct spelling of baby's name
- Mother's maiden name, date and place of birth, Social Security number
- Father's full name, date and place of birth, Social Security number.
- *For unmarried couples, an affidavit of parentage must be completed before you leave the hospital for the name of the baby's father to be included on the birth certificate.*

A birth registration card will be mailed to your home. Make sure we have your complete and correct address. You can use the card to add baby to your insurance plan within the first 30 days. It will tell you how to order an official copy of the birth certificate.

Call the state department of vital records if you have questions about your birth certificate.

### Why Baby Needs a Social Security Number

Your baby will be registered for a Social Security number and the card will be mailed to you in about 2 to 3 months. Make sure we have your complete and correct address.

Young children need Social Security numbers for many reasons. If you plan to open a bank account, buy savings bonds, or apply for some kinds of government services for your child, your child will need a number. Since 1988 any children who are age 2 or older must have Social Security numbers in order for you to claim them as dependents on your Federal income tax return. The Internal Revenue Service (IRS) may use Social Security information to verify your earned income tax credits.

Call 1-800-772-1213 or visit [www.ssa.gov](http://www.ssa.gov) if you have questions about the Social Security number.

## HOW YOUR BODY FEELS AFTER DELIVERY

Your body changes a great deal after labor and delivery. It needs time to heal after your baby arrives. Several of the normal things that can happen during the first few days or weeks after delivery are listed below. If you are worried about something, call your care provider.

What to Expect	Cause	What You Can Do to Feel Better
<b>Vaginal discharge</b>	The discharge is called lochia. It will start out bright red, and small clots are normal during the first week or two.	Use sanitary pads (not tampons); if the discharge smells bad or becomes heavier (soaks through 1 to 2 pads in 2 hours) or bright red again, call your care provider.
<b>Flabby abdomen</b>	Your muscles have been stretched during pregnancy; it takes some time for the muscle tone to return.	Walking is great for getting back into shape; once you feel ready for it and with your care provider's okay, return to your favorite exercises.
<b>Afterbirth pains</b>	Your uterus contracts as it returns to its normal size; these cramps are usually mild and last only a few days. It is normal at first to feel more cramping while breastfeeding.	Changing position may help; keep your bladder empty; use a pillow to support your abdomen when you're lying down; warm drinks also help. If no relief, use ibuprofen which is safe for breastfeeding.
<b>Episiotomy or tear pains</b>	You will be tender where the incision was made; your care provider will tell you how to clean this area carefully.	Ice packs during the first 24 hours will help you feel better and heal faster. After 24 hours, sitz baths (sitting in warm water a short while) may help. If needed, try pain relief medication like ibuprofen.

## EMOTIONAL CHANGES, STRESS, AND THE BLUES

Your body and emotions are both adjusting to the birth – which is, after all, a tremendous event. Be patient with yourself, your partner, and your baby.

Most new mothers feel upset at times – angry, sad, or overwhelmed. This is common; these “baby blues” affect up to 80 percent of women. Not only is a new baby a huge responsibility, but a new mother often feels physically drained from the effort of carrying and then delivering a child. Plus, your hormones are adjusting, which can cause mood swings. Not getting enough sleep adds to these feelings.

Often a few days after birth a new mother feels anxious, hopeless, or wants to cry. You may get angry easily, at yourself or others. You may not be able to sleep and not want to eat. You may have trouble making decisions and have doubts about your ability to be a good mother. Pay attention to changes from your normal behavior.

Such feelings are troubling, but may be normal. They usually occur the first three days after birth but go away within a few hours or at most, in one or two weeks.

Here are some steps that may help you take care of yourself during these hectic days.

- Nurture yourself physically. Get rest. Exercise regularly.
- Develop a support system – family, friends, other mothers.
- Express and accept your feelings – positive and negative.
- Take breaks. Do something you enjoy.
- Keep your expectations realistic.
- Enjoy or laugh at something each day.
- Plan your day.
- Postpone major life changes.



*THE BLUES ARE ONE THING. FULL-FLEDGED DEPRESSION IS ANOTHER. IF YOU THINK YOU NEED HELP, DON'T HESITATE – CALL YOUR HEALTH CARE PROVIDER RIGHT AWAY. HELP IS AVAILABLE TO GET YOU THROUGH A DIFFICULT TIME.*

## General Safety Tips

- Learn CPR. Classes in cardio-pulmonary resuscitation (CPR) and infant rescue breathing are available through the American Red Cross or the hospital. (See index for telephone numbers.)
- Keep emergency telephone numbers next to the phone and write your street address and home phone number on the card. It may save time if there is an emergency while a sitter is caring for your child. List these numbers:

YOUR BABY'S CARE PROVIDER

POISON CONTROL CENTER

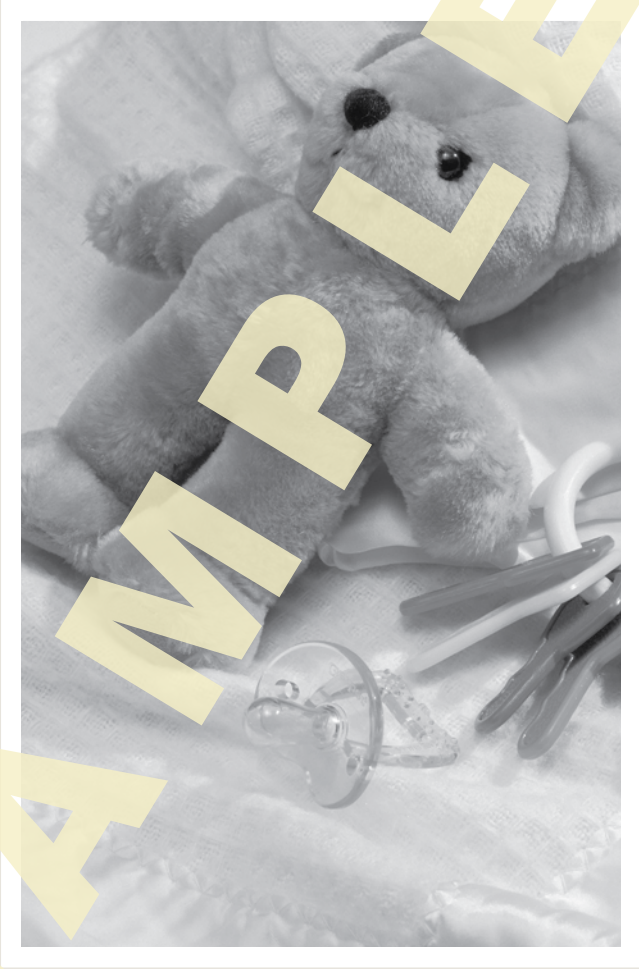
1-800-222-1222

HOSPITAL EMERGENCY ROOM



- Teach older children and sitters how and when to call the emergency telephone number – 911. The Safe Sitter Program through your community or children's hospital, or the American Red Cross is recommended.
- Safely remove poison antidotes like syrup of ipecac from your home. If your child unintentionally swallows something poisonous, immediately call the Poison Center at 800-222-1222 for instructions.
- Equip your home with smoke detectors and follow the manufacturer's guidelines for where to place them. Check the batteries in your detectors monthly.
- Never heat bottles or baby food in a microwave oven.
- Do not drink hot drinks while you are holding your baby. He might get burned.
- Never leave your baby unattended in an infant seat on a table or counter. He might fall. Use safety straps on all infant seats, swings, high chairs, or strollers. Never turn your back on a baby who is on a table, bed, or chair.
- Do not leave your baby alone with young children or pets.
- Don't put your baby's pacifier on a ribbon or cord around his neck. He could strangle.
- For your baby's safety, infant jewelry is not recommended.

*Special Help*



SAMPLE



## PREVENTING AN UNPLANNED PREGNANCY

Talk to your care provider to find the best birth control option for you. Here are some commonly used methods. *Remember:* whatever birth control method you choose, the only way to help prevent sexually transmitted diseases (STDs) is to also use a condom.

Advantages	Disadvantages	Effectiveness (for typical use)
<b>Abstinence</b>		
<ul style="list-style-type: none"> <li>You and your partner choose not to have sex.</li> </ul>	<ul style="list-style-type: none"> <li>No other side effects</li> <li>Most effective way to prevent pregnancy and sexually transmitted diseases (STDs)</li> </ul>	100%
<b>Implanon™</b>		
<ul style="list-style-type: none"> <li>Continuous birth control for up to 3 years</li> <li>Reversible</li> <li>No need to remember daily</li> </ul>	<ul style="list-style-type: none"> <li>Minor office surgical procedure</li> <li>Side effects may include irregular menstrual bleeding, depression, headaches, weight gain, acne, abdominal pain, breast pain</li> <li>No protection from STDs</li> </ul>	99% or greater
<b>Injection: monthly or DMPA</b>		
<ul style="list-style-type: none"> <li>Birth control shot of a hormone that prevents pregnancy for 1 month or 3 months (DMPA)</li> <li>No need to remember daily</li> </ul>	<ul style="list-style-type: none"> <li>Must visit care provider every 30 or 90 days for injection</li> <li>Wait until 6 weeks after delivery to begin injections if breastfeeding. Use foam and condoms first 6 weeks.</li> <li>Side effects such as weight change, irregular menstrual bleeding</li> <li>No protection from STDs</li> </ul>	99% or greater
<b>Sterilization</b>		
<ul style="list-style-type: none"> <li>Surgery to prevent a woman from getting pregnant (tubal ligation) or a man from fathering a child (vasectomy).</li> </ul>	<ul style="list-style-type: none"> <li>Post surgical complications possible</li> <li>Difficult and often impossible to reverse</li> </ul>	99% or greater
<b>Essure®</b>		
<ul style="list-style-type: none"> <li>Considered permanent birth control; only if you do not want any more children</li> <li>Provides birth control for 1 to 2 years</li> </ul>	<ul style="list-style-type: none"> <li>A 15-minute outpatient surgery procedure, at least 6 weeks after delivery</li> <li>Post-surgery evaluations and tests</li> </ul>	99% if guidelines followed

# *Mamá y el Bebé*



Guía de Atención