

Your New Parent Checklist: **The fourth trimester**



INFANT FEEDING SUPPORT

New parents often have concerns about feeding their baby. If you have questions or difficulties, speak with a public health nurse or contact your local La Leche League at lllc.ca.



EVERY SLEEP COUNTS

To reduce the risk of Sudden Infant Death Syndrome (SIDS), always place your baby on his/her back for every sleep. Find safe sleep tips at fraserhealth.ca/parenting.



ALL BABIES CRY

Crying is your baby's way of communicating. Some babies will cry more than others. It can be very overwhelming. The Period of Purple Crying is a normal developmental stage. Learn more at purplecrying.info.



BONDING

Take time to give love, hugs, smiles, and lots of reassurance. You cannot spoil a baby by attending to his/her cries. Research has shown that well-loved babies do better in every way.



FAMILY PLANNING

If you would like to wait before having another baby, find out about your birth control options. Talk to your health care provider at your six week check-up about the best choice for you.



SECOND-HAND SMOKE

Protect your family's health. Create a smoke-free environment for your child at all times. Supports are available to help you quit smoking and to make your home smoke-free. Talk to a pharmacist to get free nicotine replacement therapy. Learn more at quitnow.ca.



EMOTIONAL WELLNESS

Check your own mental wellness with the enclosed postpartum depression screening questionnaire (also available online at fraserhealth.ca/beyondbabyblues). Make sure to visit your health care provider six weeks after your baby's birth for a check-up and to discuss your answers from the questionnaire.

Postpartum depression & anxiety

- Depression and anxiety may occur during pregnancy and up to one year after birth.
- Depression and anxiety can impact **your relationships** with your partner, children and other family members.
- Up to **10% of fathers** whose partner has depression during pregnancy also experience depression.
- Complete the **postpartum depression screening questionnaire** and discuss your answers with your doctor, midwife, or public health nurse.



Sometimes it is important to call for help right away. Call your doctor, **9-1-1** or **HealthLink BC 8-1-1** if you have any thoughts about harming yourself or your baby.

Self-care



NUTRITION

Eat healthy meals by making half your plate fruit & vegetables. Stock up on healthy snacks like cut-up vegetables, nuts, eggs and cheese.



EXERCISE

Try going for a short walk or some stretching at home. Exercise can help to reduce stress and boost your mood.



SLEEP AND REST

Talk with family and friends to get their help so you can get more sleep and rest during the day.



TIME FOR YOURSELF

Be kind to yourself. Find time to relax. It will help protect against and help manage symptoms of depression.



SUPPORT

Don't be afraid to ask for support from friends and family. It can help to protect you against depression and other mental health conditions.

Resources: fraserhealth.ca/parenting

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