

## Postpartum and Breastfeeding

### Objectives:

- Discuss coping mechanisms to deal with unexpected outcomes
- Identify resources for breastfeeding support

- I. Newborn
  - a. Appearance
  - b. Hospital procedures
  - c. Newborn care
  - d. Fourth Trimester
  
- II. Postpartum
  - a. Physical changes
  - b. Emotional changes
    1. Baby blues
    2. Postpartum depression
  
- III. Unexpected outcomes
  - a. Process of grieving
  - b. Coping mechanisms
  - c. Support
  
- IV. Breastfeeding
  - a. Benefits
  - b. Concerns
  - c. Basic Technique
  - d. Nursing past 1st year
  - e. Lactation courses

Topics for Newborn care class

Feeding  
Bathing  
Diapering  
Crying  
Signs of Illness  
Sleeping  
Safety  
Local area policies

Class Supplies

Breastfeeding pillow  
Breast model  
Baby dolls  
Cloth diapers  
Disposable diapers  
Wipes  
Rash cream  
Vaseline  
Thermometer  
Baby soap  
Baby lotion  
Bath tub  
Temperature duck  
Baby towel, wash cloth  
Newborn clothes - onesie, socks, hat  
Swaddling blankets  
Bulb syringe  
Saline nasal drops  
Soft brush  
Nail clippers  
Infant tooth brush  
Infant tooth paste  
Sling carrier  
Moby wrap

Discuss how the things in your bag are used during postpartum