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Reasons for Cesareans



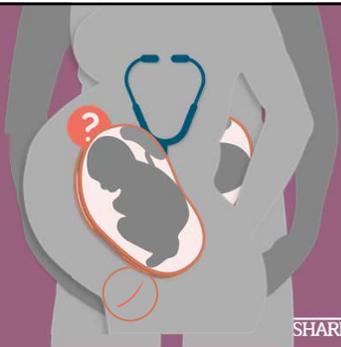
Planned Unplanned Emergency

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Planned Cesarean



Previous Cesarean
Medical History
Breech
If you've had a previous cesarean birth
if your baby's feet and/or buttocks are
positioned to be delivered first

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Unplanned Cesarean



Baby's Head Too Big
Labor Not Progressing
If your baby's head doesn't pass
despite using procedures to speed it up
through your pelvis

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Emergency Cesarean

Placenta Detaches
if the placenta becomes detached from the uterine wall

Emergency cesareans occur in only 1% of all births.



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Cesarean Birth

- Surgical delivery of a baby through an incision in the abdomen and uterus
- Performed if a vaginal birth is not possible or safe
- About 30% of all births in the U.S. are by cesarean



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Cesarean Preparation

- IV medications placed, antibiotics & antacids
- Blood & heart pressure monitors
- Urinary catheter inserted
- Skin prep with antiseptic scrub
- Pubic hair clipping
- Compression stockings
- Drape is placed
- Room will be cold & lots of bright lights
- Additional staff that all have a specific purpose

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Cesarean Birth Anesthesia

Planned/unplanned cesarean:

- Epidural
- Spinal Block

Emergency cesarean:

- Existing epidural
- General anesthesia



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PREPARATION & PROCEDURE

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Cesarean Summary

<p>+ Benefits</p> <ul style="list-style-type: none">• Life-saving if vaginal birth is unsafe• Quick• Relatively safe	<p>- Risks</p> <ul style="list-style-type: none">• Infection• Blood loss/hemorrhage/blood clots in legs• Future pregnancy problems• Injuries to organs• Longer, more painful recovery• Higher risk of emotional trauma <p>Risks for Baby</p> <ul style="list-style-type: none">• Breathing problems• Low Apgar score• Injury (rare)
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Cesarean Recovery During Hospital Stay

- How long in post anesthesia care unit (PACU)
- Baby is not separated from partner
- Skin-to-skin contact can begin immediately with mom and/or partner
- Breastfeeding is initiated

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Reducing the Cesarean Risk



Enter labor in good health
• Eat healthy foods
• Exercise



Labor
• Let labor start on its own
• Stay at home during early labor
• Have continuous, hands-on support (consider a doula)
• Use upright labor positions



Epidural
• Wait until labor is well-established to get one to avoid the chain of intervention

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Family-Centered Cesareans

- Ask to have the screen lowered to see the birth
- Use prepared childbirth techniques to relax
- Have photos or video taken if permitted
- Hold or touch your baby while your surgery is being completed
- Ask if skin to skin is an option
- Breastfeed as soon as you can



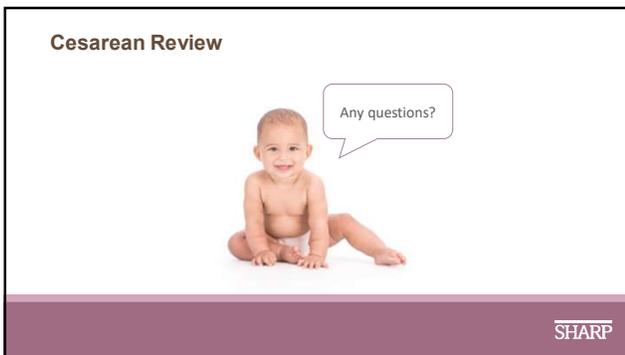
Partners can bring the baby over to Mom

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Skin-to-Skin Contact

Holding your baby skin-to-skin immediately after birth:

- Stabilizes your baby's breathing, temperature, and blood sugar levels
- Calms your baby
- Helps with breastfeeding



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Note! Placing a blanket over your baby helps keep in the warmth of your body.

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Newborn



Matching ID bands



Weighing



Measuring



Antibiotic Ointment



Vitamin K

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Newborn Procedures



Newborn Screening Test



Hearing Test



Hepatitis B vaccine



Heart Screening

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Bowel Movements



Day 1-2 (meconium)

Day 3-4 (transitional)

Day 5+ (breastfed baby)

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Circumcision

After reviewing the scientific evidence, the American Academy of Pediatrics found:

- The health benefits of newborn male circumcision outweigh the risks, but the benefits are not great enough to recommend all babies be circumcised
- The final decision should still be left to parents to make in the context of their religious, ethical, and cultural beliefs



Uncircumcised

Circumcised

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Breastfeeding Benefits

- Less likely to develop uterine, breast and ovarian cancers, may reduce heart disease. Helpful with weight loss.
- Environmentally Friendly
 - Natural use of resources
- Helps reduce risk of obesity, diabetes, ear infections, allergies, asthma, SIDS, less risk of childhood leukemia and more
 - Just one drop of colostrum has 3 million immune cells
- www.sharp.com/classes sign up for Breastfeeding Class

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First Feeding

- Your first milk is called colostrum
 - Thick and golden in color
- Feeding within 60 minutes of birth is recommended
 - Babies are born ready to breastfeed



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Holding your baby skin-to-skin for 2 hours after birth can increase breastfeeding success by 80%!

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Crying

Crying is instinctual for babies

- To communicate a need
- To relieve stress
- To block unwanted stimulation



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Sudden Infant Death Syndrome (SIDS)

- Defined as the unexplained death of an infant in the first year
- Highest risk is between 2 to 4 months
- Usually occurs during sleep — putting baby to sleep on his back and having a safe sleep environment are both essential

Recommendations to Reduce the Risk of SIDS

- Regular prenatal care
- Offering a pacifier at bedtime and naptime. (for breastfeeding babies wait until breastfeeding is firmly established)
- Avoid smoke, nicotine, alcohol, marijuana and illicit drugs during pregnancy and after birth
- Breastmilk has been proven to lower the risk of SIDS
- Immunized according to the AAP & CDC guidelines
- Do not use heart or breathing monitors in the home to reduce SIDS, unless ordered by your healthcare provider
- Supervised Tummy Time is encouraged for short period of time while your baby is awake
- Tummy time can start soon after hospital discharge increasing the duration to at least 15-30 minutes by 7 weeks of age.



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Reduce the Risk of Sudden Infant Death Syndrome (SIDS)

Sleep Location and Surface

- It is recommended that infants sleep in the parent's room close to the parent's bed, but on a separate sleep surface designed for infants for 6 months. The American Academy of Pediatrics (AAP) does not recommend bed sharing.
- Do not put your baby to sleep in a car seat, stroller, swing, infant carrier or sling.
- Use a firm, flat, non-inclined sleep surface to reduce the risk of suffocation or entrapment.
- Avoid overheating (keep room about 70°F)

Baby's Position and Bedding

- Baby should be placed on the back to sleep.
- Keep soft objects, such as pillows, comforters and loose bedding away from the infant's sleep area.

Sleep Clothing

- Hats are not recommended beyond the first hours of life
- Dressing in layers is preferred over blankets to keep baby warm. Wearable blankets can be used.
- Swaddling is no longer appropriate once your baby exhibits signs of rolling over.
- It is recommended that weighted swaddles, sleepers or blankets are not placed on or near sleeping babies

 SIDS
  SIDS (With Captions)
 

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Postpartum Recovery



"In giving birth to our babies, we may find that we give birth to new possibilities within ourselves."
 — Myla + Jon Kabat-Zinn

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Physical Changes

Your body goes through changes after birth:

- Involution and afterpains
- Soreness in the pelvic floor
- Lochia

Timeline	What is Normal
Days 1-4	<ul style="list-style-type: none"> • Bright/dark red color • Heavy flow • Small/medium clots 
Days 4-10	<ul style="list-style-type: none"> • Brown/pink color • Less blood; more discharge • Fewer clots 
Days 10-28	<ul style="list-style-type: none"> • White/yellow color • Discharge; little/no blood • No clots 



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Hospital Recovery Day 1

- Rooming In
- Increase in emotions/adrenaline
- Increased discomfort
- Baby not born hungry, usually more sleepy
 - Skin -2-Skin
- Room Interruptions
 - Visitors and Staff



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**Skin-to-Skin
Signs of Infant Wellness**

- Your baby's lip's and tongue should be pink
- Watch for your baby's tummy to rise and fall with each breath
- When holding your baby, breastfeeding or practicing skin-to-skin, always make sure you can see your baby's mouth and nose to ensure breathing isn't blocked. You should notice baby's back and tummy move with each breath

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Hospital Recovery Day 2

- Exhausted
- Lack of sleep
- Emotional/crying
- Increased discomfort
- Learning newborn behavior
 - Second 24 hours of baby's life
- Family Home Care Class
- Planning for discharge



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Planning For the Help You Need When You Leave the Hospital

Do you have someone to help you when you go home?

A loving support network:

- Makes the first few months less overwhelming
- Allows you to spend more time with your baby
- Gives you more time for self care
- Ask for help... Start putting together your team!



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Simplify Your Life



- Double recipes and freeze half
- Make easy-to-prepare
- Make to-do lists
- Limit outside obligations
- Make housework a low priority
- Stock up on nonperishable foods
- Limit visitors who aren't helpers

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Postpartum Warning Signs

Call Your Healthcare Provider

- Fever over 100.4°F or 38°C
- Foul-smelling vaginal discharge
- Increased uterine pain
- Heavy bleeding
- Pain or burning with urination
- Lump, hard area, or pain in your breast
- Red, tender, or painful area on your leg
- Any other concern about your health



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Postpartum Hemorrhage

What is it?	Warning signs
<ul style="list-style-type: none"> • Heavy bleeding after birth • A rare but serious condition • Usually happens within 1 day after birth, but can happen up to 12 weeks later 	<ul style="list-style-type: none"> • Heavy vaginal bleeding that does not slow or stop • Soaking through 1 or more pads within an hour or passing blood clots larger than a golf ball • Drop in blood pressure or signs of shock (blurry vision, chills, clammy skin, fast heartbeat, confusion, dizziness, weakness, feeling faint) • Nausea or vomiting • Pale skin • Severe swelling and pain around the vagina or perineum

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Postpartum Preeclampsia

What is it?	Warning signs
<ul style="list-style-type: none"> • A condition that can develop within the first 48-72 hours after delivery • In rare cases, can occur up to 4-6 weeks postpartum 	<ul style="list-style-type: none"> • Sudden swelling of face or limbs • High blood pressure • Nausea or vomiting • Severe headache • Abdominal pain, especially under the ribs on the right side • Very little urine output • Sudden shortness of breath

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Baby Blues

Symptoms:

- Mood changes
- Weepiness or sadness
- Anxiety
- Lack of concentration
- Feelings of dependency or inadequacy



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If you get the blues, talk about your feelings. Partners can also get the blues or depression.

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Perinatal Mood & Anxiety Disorder Warning Signs

- Excessive worrying and anxiety
- Persistent crying or sadness
- Inability to sleep, even when you're exhausted
- Difficulty concentrating
- Loss of interest in activities you used to enjoy
- Changes in
- Thoughts ab
- 988, the sui
- lifeline provi
- people in cr

Call 911 or go to the emergency room (whichever is faster) if you:

- Hallucinate (hear or see things that are not there)
- Fear you will harm yourself or your baby



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Kelly's Postpartum Anxiety Story

UNDERSTANDING BIRTH

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Self-Care Tips for New Parents

1. Get support from family and friends
2. Rest when possible
3. Eat healthy foods and drink plenty of water
4. Simplify by reducing the busy parts of your life
5. Get outside with your baby for some fresh air
6. Nurture your relationship



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Sex After Birth

- Avoid having sex until you are completely healed (about 6 weeks)
- Talk to each other about sexual intimacy
- Until you are ready, find ways to connect, such as massage, cuddling, or taking walks together
- Talk about changes in the way your feel about your body
- Talk to your healthcare provider if you have questions



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Life With Baby

Parenting Pressures

- Family and Friends
- Cannot spoil your baby

Real Baby versus Imagined Baby

- Often in conflict with each other
- Skin-2-skin

Sleep

- Managing your sleep
- Understanding how your baby sleeps
- Utilizing friends and family
 - Ask partner for help at night
 - Ok to set boundaries

Where to go for help

- Support groups



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Tips for Partners



- Take a class just for dads or partners
- Spend time with your newborn
- Find something special to do with just you and your baby
- Hold your baby skin to skin when you can
- If you are feeling left out, talk to your partner

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Hospital Resources

Sharp Mary Birch

- Family Home Care Class before leaving hospital
- Virtual Postpartum support group offered weekly
- New Beginnings Boutique
- Breastfeeding Support Group

Classes

- Baby Care Basics
- Breastfeeding
- Grandparenting



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Please take the time to fill in this brief evaluation of your Childbirth Preparation class. This survey will take 1-2 minutes to complete. After you submit it you'll receive a link to order your free First Five New Parent's Kit.

Childbirth Preparation Evaluation



Thanks! We really appreciate your feedback!



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Congratulations!

You graduated,
nice work!



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