Caring for Yourself and Your New Baby
Caring for Yourself and Your New Baby

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Welcome

To the “Caring for Yourself and Your New Baby” book

This patient education book was developed and written by health care providers, patients, and their families. We are committed to working with patients and families to make the best choices about their health.

After months of anticipation, your baby is finally here. Whether your baby is in your room with you, in the Progressive Care Nursery (PCN), or in the Neonatal Intensive Care Unit (NICU), this is the time when you recover from birth and begin to learn how to feed and care for your new family member.

Our staff is here to care for you and your new baby. Please ask us about anything you are unsure about. You will also find answers to many of your questions in this book.

Are You Ready to Take Your Baby Home?

- Read these chapters in this book early in your hospital stay:
  - “Before You Leave the Hospital,” pages 7 through 10
  - “Warning Signs in the Mother After Giving Birth,” pages 11 and 12
  - “Newborn Warning Signs,” pages 13 and 14
  - “Pain Control After a Vaginal Birth,” pages 21 through 24
  - “Pain Control After a Cesarean Birth,” pages 31 through 34
  - “How Is Breastfeeding Going?,” pages 83 and 84
  - “Car Seat Safety,” pages 93 through 96
- Fill out the Washington State Birth Filing form (in the pocket inside the back cover of this book). This form is the first step toward getting your baby’s birth certificate and social security number. It must be filled out and returned to your nurse before you leave the hospital.