

WEEK 1



Lactation University Volunteer Support Program

Track 2: Postpartum Meetings

Theme: Take One Day at a Time

Self-care and feeding positions

OBJECTIVES:

1. Attendees will be able to describe 3 ways breastfeeding helps with recovery
2. Attendees will be able to share 3 self-care practices they enjoy
3. Attendees will be able to demonstrate 3 breastfeeding positions

OPEN-ENDED QUESTION/DISCUSSION: What has surprised you about the postpartum period?

Education: Breastfeeding helps with recovery

Childbirth is nothing short of miraculous! The process of birth is different for everyone. Whether you gave birth vaginally or via cesarean, it is important to understand the need for rest and recovery.

- Your uterus went from the size of a pear to a watermelon. It needs to return to its previous size. One way to encourage its shrinkage is through uterine contractions. When the baby breastfeeds, it causes the uterus to contract and helps with healing. Contractions also reduce blood loss and hemorrhaging.
- Since it is important to practice skin-to-skin and breastfeed at least 8 times a day (the first few weeks it is common for babies to nurse 10 or more times daily), you should find yourself taking “breaks” by sitting or lying down to breastfeed several times a day.
- The hormone oxytocin (released when breastfeeding) not only helps with bonding, but it also helps with your mood and combats baby blues.
- It takes about 500 calories just to make milk. Many women who don’t consume extra calories postpartum, find breastfeeding causes them to lose much of their baby weight. You should continue to eat healthy foods, consume enough calories, and stay hydrated.

Education: Put your own oxygen mask on before assisting others

You are the main caregiver for your newborn. It is vital that you take care of yourself so you can provide the best care for your child.

What are some things you have done this week to practice self-care?

What will you do this upcoming week for self-care?

Massage, take a walk, mindful breathing, exercise, mani/pedi appointment, bath by candlelight, listen to music/podcast with your headphones, enjoy a craft/hobby

What practices have you adopted to help you get more sleep?

Use paper plates and plastic utensils, take naps, meal prep, let others help

Education: Breastfeeding Positions

The best breastfeeding positions are the ones that are most comfortable for you and your baby and ensure the baby is feeding well. Baby and Mom should be well supported. Several popular positions include:

- Laid back
- Side lying
- Cradle
- Cross cradle
- Football
- Other

Suggested Teaching Techniques: demo for demo with positions, list self-care practices, brainstorm ideas for more rest

ADDITIONAL RESOURCES: PDF of Breastfeeding Positions <https://www.nyc.gov/assets/doh/downloads/pdf/csi/csi-breast-feed-ins-pad.pdf>