

# No Worries:

## 11 tips to keep mom and baby healthy and happy

Congratulations on your new baby!

Keep this resource handy to ensure that you and your little one stay healthy and safe.



### Could I Get a Blood Clot?

You have a higher risk of developing a blood clot while you are pregnant and during the first six weeks after delivery. Deep vein thrombosis (DVT) occurs when a blood clot forms in a large

vein. These clots usually develop in the lower leg, thigh, or pelvis, but can also occur in other veins in the body. Pulmonary embolism (PE) occurs when part or all of a clot breaks off and travels into the lungs. This may be life-threatening.

#### What are the symptoms and signs of DVT?

- Recent swelling of one limb
- Unexplained leg pain or tenderness
- Skin that may be warm to the touch
- Skin redness

#### What are the symptoms and signs of PE?

- Recent or sudden shortness of breath
- Chest pain
- Coughing up blood
- Sudden collapse

If you have any of these symptoms, it is an emergency and you should seek medical help immediately.

Visit [www.ThisIsSerious.org](http://www.ThisIsSerious.org) for more information.



### Feeling Cooped Up?

You can still live a normal life, even now that you're responsible for your precious bundle of joy. Consult with your pediatrician for tips on how to keep your baby safe outside the home.



### Why Does My Baby Look Yellow?

When too much bilirubin builds up in your baby's body, the skin and the whites of the eyes may appear to be yellow. This is known as jaundice. If you notice these signs, contact your pediatrician immediately.



### Spit Up – What's Normal?

Spitting up is a right of passage for many newborns. As long as the baby seems comfortable and is still gaining weight, you shouldn't worry. Call your pediatrician if your baby shows any unusual signs or symptoms.



### How Can I Reduce the Risk of Sudden Infant Death Syndrome (SIDS)?

Reduce the risk of SIDS by placing babies on their backs to sleep. Place them on a firm sleep surface and keep soft and loose objects like bedding out of the sleep area. Be sure not to let your baby overheat.



### How Much Should My Baby Sleep?

Newborn babies sleep 16 hours or more a day, usually one to two hours at a time. By three months of age, many babies are sleeping for at least five hours at a time. By six months of age, nighttime stretches of nine to 12 hours are possible. You *will* sleep again!



### Why Are Immunizations Important?

Vaccines are very important to your baby's health. If you don't vaccinate your child, you leave them defenseless against the possibility of serious disease. Follow the schedule found on [www.cdc.gov](http://www.cdc.gov).



### Is My Baby Eating Enough?

Your baby will let you know if they are hungry. Your pediatrician will monitor your baby's weight to reassure you that your baby is getting enough nourishment.



### What's the Fuss?

Your baby cries to let you know how they are feeling — hungry, cold, gassy, or just wanting to be held. If the crying is incessant or inconsolable, call your pediatrician.



### Feeling Blue?

It's natural to have feelings of anxiety, irritation, tearfulness, and restlessness after delivery.

When those feelings become overwhelming, it could be a sign of postpartum depression. It may occur soon after delivery or up to a year later. Most of the time, it occurs within the first three months after delivery. The best thing you can do is tell someone and ask a healthcare provider for help!



### Will I Ever Feel Energetic Again?

This season of no sleep will pass. Get your sleep when you can - if your baby is sleeping, you should get some rest, too!

Eating a healthy and balanced diet is one of best ways to keep your energy up. Try to go for regular walks. The fresh air will feel wonderful, and your body will thank you for it.

Make your healthcare provider your partner in health! Share your family history, ask questions, talk about your concerns, and don't be afraid to speak up when you think something is wrong.

Sources: Centers for Disease Control and Prevention

