



### ✦ ✦ ✦ "THE MAGICAL HOUR"



#### BABY'S STAGES OF COMING INTO THEMSELVES

- The Birth Cry
- Relaxation
- Awakening
- Activity
- Rest
- Crawling
- Familiarization
- Suckling
- Sleep



### HAVE ON HAND - FOR YOU

- Ibuprofen - Over-the-counter medicine for pain and swelling.
- Peri-bottle - Squirt bottle to dilute urine so it doesn't sting when you pee (hospital or provider should give you this).
- Adult Diapers - Embarrassment aside, adult diapers have better coverage in the early days with bleeding similar to a heavy period.
- Sitz Bath - Herbs you can put in the tub or a toilet sitz bath to soothe and promote healing.
- Stool Softener - Over-the-counter medication to help you strain less the first time you go poo after birth
- Belly Binder if you've had a cesarean
- Healthy snacks and water close by at all times



### BREAST/CHEST CRAWL FOR THE WIN

- \* Immediately after birth, place baby on your chest
- \* Soon they will start "rooting," bobbing their head, licking
- \* Help them not fall off your chest
- \* May take 1-2 hours
- \* Colostrum smells similar to amniotic fluid, they may smell their hands for guidance



#### QUESTIONS FOR PROVIDER

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