

# *Maternity*

## Handbook



Temecula Valley  
OB/GYN

951.677.4748

[temeculavalleyobgyn.com](http://temeculavalleyobgyn.com)

25460 Medical Center Drive, Suite 100  
Murrieta, CA 92562

# Welcome, *Expectant Mothers*

This prenatal packet contains specially selected information designed for you to read and refer to throughout your 40 weeks of pregnancy. The material is intended as a guideline to help you understand and enjoy your pregnancy. We hope that this will encourage you to ask questions. Please read all materials. The California Screening Program booklet printed by the State of California contains important information regarding the Full Integrated Screening. You will need to read this booklet for you to make an informed decision about genetic testing.

The booklet can be viewed at [www.cdph.ca.gov/Programs/CFH/DGDS/Pages/pns/PNS\\_Patient\\_Booklet.aspx](http://www.cdph.ca.gov/Programs/CFH/DGDS/Pages/pns/PNS_Patient_Booklet.aspx)

If you wish to contact us, we are available through our office telephone number 951.677.4748. If we are not available at the office, the answering service will locate us to return your emergency calls. This telephone number is answered day or night, holidays and weekends. Should any of our physicians be unavailable as a result of illness, vacation, or attendance at a medical conference, another physician whom we selected will care for you.

During the first 28 weeks of your pregnancy, your prenatal appointments will be scheduled in four-week intervals. We will see you every two weeks during the period from 28 weeks to 36 weeks and then every week during the last 36 to 40-week period.

We urge you to keep appointments faithfully. If you are unable to keep an appointment, please contact our office at least 24 hours before your appointment time to reschedule a new appointment. It is a fact that good prenatal care contributes to the optimum health of both mother and infant. This complies with the Public Health Department ruling to protect all women of childbearing age against communicable diseases, including Rubella, which can cause serious birth defects. Please call the office before your appointment if you have flu-like symptoms or elevated temperature. We encourage partners to attend appointments for prenatal visits and to feel free to discuss problems or ask questions.

For your information and reading pleasure, we recommend a book entitled, "What to Expect When You're Expecting," by Eisenberg, Murkoff, and Hathaway. Information about childbirth preparation classes is available through Southwest Healthcare Systems (Rancho Springs Medical Center).

Please visit their website for the most up-to-date information ([www.swhranchosprings.com/services/maternity/childbirth-center/childbirth-parenting-classes](http://www.swhranchosprings.com/services/maternity/childbirth-center/childbirth-parenting-classes)). These classes offer early prenatal education. We recommend that you sign up for these classes as soon as possible.

# Table of *Contents*

<b>04</b>	_____	About TVOB/GYN
<b>10</b>	_____	1st Trimester
<b>15</b>	_____	Medications & Natural Remedies
<b>16</b>	_____	Fitness Tips
<b>18</b>	_____	2nd Trimester
<b>25</b>	_____	Mental Health
<b>28</b>	_____	3rd Trimester
<b>38</b>	_____	Nutrition Tips
<b>46</b>	_____	Postpartum

## 01 Physician Diversity

TVOB is committed to providing inclusive and culturally competent care to all patients in our community. We take pride in the diversity of our physician team, which encompasses a range of backgrounds, experiences, and specialties. Our diverse group of physicians brings unique perspectives to patient care, fostering an environment of understanding and respect for individual differences. By embracing diversity, we ensure that every patient receives personalized and comprehensive healthcare that meets their unique needs.

## 02 Longest Established in Community

As the longest-established OBGYN medical group in our community, we have been serving generations of families since 1987. Our deep roots in the community are a testament to our commitment to providing high-quality, compassionate care to our patients. Over the years, we have built strong relationships with our patients based on trust, reliability, and excellence in medical practice. Our longstanding presence in the community reflects our dedication to improving the health and well-being of those we serve.

# 4 Benefits of choosing TVOB

## 03 Affiliation with UCSD

We are proud to be affiliated with the prestigious University of California, San Diego (UCSD) Health System. This affiliation allows us to offer our patients access to the latest advances in medical research, technology, and specialized expertise. Through collaboration with UCSD faculty and researchers, we stay at the forefront of medical innovation, ensuring that our patients receive state-of-the-art care. Our affiliation with UCSD enhances our ability to provide comprehensive and advanced healthcare services to the community.

## 04 Hospital Staffing

Our OBGYN medical group is privileged to staff obstetric services at both Loma Linda and Rancho Springs in our community. As one of the two OB practices serving these hospitals, we are dedicated to ensuring that expectant mothers receive exceptional care throughout their pregnancy, labor, and delivery. Our team of experienced obstetricians, certified nurse midwives, and support staff work collaboratively to provide personalized care tailored to each patient's needs. With our presence at both hospitals, we contribute to the availability and accessibility of obstetric services, ensuring that women in our community have access to high-quality maternity care close to home.

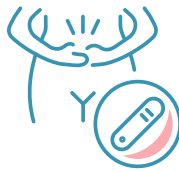
# Your Process

## Pregnancy Timeline



### *1st OB Appointment*

Meet with your healthcare provider to discuss the baby's health and the upcoming prenatal care plan.



### *1 Trimester*

The first trimester of pregnancy is a time of eager anticipation as the initial signs of pregnancy, like the first ultrasound and hearing the baby's heartbeat, fill expectant parents with joy and wonder.



### *2nd Trimester*

The second trimester of pregnancy is often considered the "honeymoon phase" as many women experience increased energy and reduced morning sickness, making it a time of excitement and anticipation as the baby continues to grow and develop.



### *3rd Trimester*

The third trimester of pregnancy brings a sense of completion and anticipation as the baby's kicks and movements become stronger, and preparations for the arrival of the little one fill the air with excitement and joy.



### *Labor*

Labor is a momentous and miraculous experience, as it signifies the beginning of a new chapter in life and the opportunity to welcome a precious addition to the family.

# Affiliated *Hospital*

We support these facilities and encourage you to visit the hospitals. Please let us know when you have decided where you are going to deliver. You are responsible for knowing if your insurance company makes that determination. For your convenience, you should make admission arrangements with your hospital by your 36th week of pregnancy.



## *Loma Linda Medical Center*

### Murrieta Campus

Address: 28062 Baxter Road, Murrieta, CA 92563

Phone Number: (951) 290-4000

You may pre-register online (<https://murrieta.lluh.org/services/womens-health/mother-baby/maternity-tours-registration-request>)

You must complete REGIE at least 72 hours, or three full business days, before your scheduled check-in date. You may also call Southwest Healthcare System Rancho Springs Campus at (951) 696-6000 to pre-register over the phone.

## *Rancho Springs Medical Center*

### Southwest Healthcare System

Address: 25500 Medical Center Drive, Murrieta, CA 92562

Phone Number: 951-696-6000

You may pre-register online at Rancho Springs Medical Center (<https://regie.uhsinc.com/NOPI/Membership/RegieBegin.aspx>)

You must complete REGIE at least 72 hours, or three full business days, before your scheduled check-in date.





**RANCHO FAMILY**  
MEDICAL GROUP

# Recommended Local Pediatrician



**Rancho Family Medical Group**

41238 Margarita Rd., Suite 106  
Temecula CA 92592

Monday - Friday  
7:30 am - 5:30 pm

**Accepting PPO  
insurance patients!**

**951.506.9392**

[ranchofamilymed.com/pediatrics/](https://ranchofamilymed.com/pediatrics/)

*From the early stages of conception to the much-anticipated arrival of the newborn, these trimesters mark crucial milestones in the process of bringing new life into the world.*

# 3 Trimesters

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## 1st Trimester *Weeks 01-12*

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The first trimester of pregnancy, from conception to week 12, is a critical and transformative period for both the mother and fetus. Expect physical and emotional changes, such as missed periods, breast tenderness, morning sickness, fatigue, and mood swings. Maintaining a healthy lifestyle is vital, including prenatal care, vitamins, and a balanced diet. Seek support from healthcare professionals and loved ones to ease uncertainties during this significant stage of pregnancy.

## 2nd Trimester *Weeks 13-27*

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The second trimester of pregnancy, from week 13 to week 27, is often called the “honeymoon phase” due to relief from first-trimester symptoms. Energy levels rise, and nausea decreases. Mothers feel gentle flutters and kicks as the baby grows. Organs, muscles, and the nervous system mature rapidly in the baby. Overall, expect a sense of well-being and possibly increased libido. Continue regular prenatal check-ups, a healthy diet, moderate exercise, and watch for any new symptoms or concerns.

## 3rd Trimester *Weeks 28-40*

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The third trimester of pregnancy, from week 28 until birth, is a time of anticipation and preparation for the baby’s arrival. The growing baby may cause discomfort, shortness of breath, heartburn, and frequent urination. Braxton Hicks contractions may be noticeable as the body prepares for labor. Prenatal appointments increase to monitor the baby’s position, growth, and the mother’s health. Feelings of excitement and nervousness intensify as the due date approaches, requiring close contact with healthcare providers to discuss any concerns or new symptoms.



# Growth Chart

Week 4



Week 5



Week 6



Week 7



Week 8



Week 9



Week 10



Week 11



Week 12



Week 13



Week 14



Week 15



Week 16



Week 17



Week 18



Week 19



Week 20



Week 21



Week 22



Week 23



Week 24



Week 25



Week 26



Week 27



Week 28



Week 29



Week 30



Week 31



Week 32



Week 33



Week 34



Week 35



Week 36



Week 37



Week 38



Week 39



Week 40



# 01

## *First Trimester*

Weeks 01-12

Congratulations on your pregnancy! The first trimester is an exciting and transformative time, though it may bring some challenges. Look out for early signs of pregnancy like missed periods, breast tenderness, and morning sickness. Hormonal fluctuations can lead to mood swings, so be kind to yourself and get plenty of rest. Start prenatal care, schedule regular check-ups, and take prenatal vitamins. We're here to guide and support you on this beautiful path of motherhood.

Place polaroid  
photo here to  
track your journey!



# What to *Expect*

## *Lack of* **01 Menstruation**

Missing one or two periods is a common sign of pregnancy.

## **02 Tender Breasts**

It is common to have swollen and/or tender breasts. Wear a sports bra to ease tenderness.

## **03 Fatigue**

You will feel tired. Some people experience fatigue in the early months. Listen to your body and rest when you can. Try hard to get a good night's sleep.

## **04 Feeling Emotional**

Mood swings, even for non-emotional individuals, are common during pregnancy. Discuss your feelings with your health-care team.

## *Increased* **05 Urination**

As the baby grows, he/she puts pressure on your bladder. You may need to go more often than your usual routine. This is very normal!

## **06 Nausea**

Experience "morning sickness" with waves of nausea. Snacking on crackers before getting out of bed may help. Typically improves by the fourth month.

## **07 Growing Waistline**

Towards the end of the third month, your regular clothing may feel tight around your waist. Opt for comfortable, loose-fitting clothes.

**Dr. Emily  
Thomson**



*Congratulations, mama! You're pregnant! It's natural to feel joyful and a bit anxious. Don't worry; here's what to focus on during your first trimester:*

# Check List

## Weeks 1-12

- Begin taking prenatal vitamins and avoid risky foods (refer to tpg 39).
- Quit smoking (cigarettes and marijuana), avoid drinking alcohol, and limit caffeine intake to 200 MG per day.
- Maintain a healthy diet and stay hydrated.
- Aim for 30 minutes of physical activity most days of the week.
- Review your health insurance coverage for prenatal care and delivery.
- Discuss prenatal and genetic testing with your doctor or midwife.
- Assess your finances and create a budget and savings plan for pregnancy, baby, and maternity leave.
- Have a conversation with your partner about parenting and your shared vision for raising your child.

# Labs, Screenings & more

In your first trimester, your health-care team will recommend various screenings, labs, tests, and vaccinations tailored to your pregnancy needs. They will help schedule the necessary ones for you.



*Dr. Debra  
Kay Lebo*

## *OB Panel / HEP C*

These blood tests and cultures will check for certain conditions you could potentially have during your pregnancy, as well as the possible treatment you or your newborn baby may need following delivery. It includes complete blood count (CBC), urine culture, rubella, human immunodeficiency virus (HIV), hepatitis B, rapid plasma regain (RPR), Gonorrhea/Chlamydia (GC), blood type, Hep C, and RH.

## *Cystic Fibrosis / SMA / FX*

This blood test may be performed to help determine if you are a carrier of the cystic fibrosis gene.

## *Early Genetic Screening*

### *CFDNA / MSAFP*

Available as needed; discuss the options of this screening with your provider.

### *Hgb Electrophoresis*

This screening is performed to test the hemoglobin in your blood. It can be used to diagnose certain types of anemia.

## 01 Appointment

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## 02 Appointment

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## 03 Appointment

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## & Natural Remedies

 Natural Remedy  Medications


While you are pregnant, you may still experience aches, pains, and common viruses. We encourage you to try natural remedies to alleviate symptoms. Follow directions carefully and contact your healthcare team if you don't feel better or have a fever over 100.4 degrees Fahrenheit. Don't hesitate to reach out to your provider if you have any questions or concerns.


### Colds

 Rest, increased fluids (especially juices with vitamin C), humidifier/cool mist vaporizer, and a cool cloth on the forehead.


 Vicks VapoRub, Vicks DayQuil, Tylenol Cold, Robitussin Cough, Dristan Nasal Spray (may use up to three days), lozenges


### Diarrhea

 Maintain fluids. Limit solid foods, especially fresh fruits and vegetables. Eat mild foods – some doctors recommend bananas, rice, applesauce, and toast.. otherwise known as the BRAT diet

 Imodium (Note: Do not use Pepto-Bismol)


### Heartburn

 Do not lie down or go to bed right after eating (4 hrs.). Prop back up with pillows. Partake in small, frequent meals and avoid acidic or other trigger foods.

 Pepcid, Tums liquid or tablets (Note: No Rolaids)

### Insomnia

 Limit PM screen time. No TV while falling asleep. Avoid caffeine. Establish routine.


 Tylenol PM, Benadryl, or Unisom


### Constipated

 Increase fluids and fiber in your diet.

 Metamucil, Miralax, Colace


### Headache, Fever

 Bed rest, increased fluids (especially juices with vitamin C), and cool or warm cloth to the forehead.


 Tylenol (Acetaminophen)


### Hemorrhoids

 Prevent constipation as noted above. Sit and soak in a warm tub.

 Tucks pads, Preparation H, Anusol, hydrocortisone cream (sparingly)


### Itching

 Take a warm bath with two cups of oatmeal. Apply vitamin E oil to affected areas.

 Aveeno lotion, Benadryl cream, unscented lotions hydrocortisone cream (sparingly)

### Vaginal Yeast

 Wear cotton underwear. Use unscented body care products.

 Gyne-Lotrimin, Monistat vaginal cream (3-7 days) (Note: Avoid vaginal suppositories or applicators unless prescribed)

# Free Online *Fitness Course*

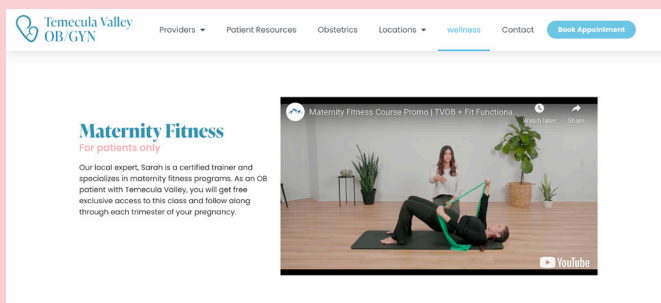
Stay active during your pregnancy! Regular exercise can ease discomfort, prepare you for childbirth, and improve your mood. If you were active before pregnancy, aim to maintain your fitness level. If not, work with your provider to set achievable fitness goals. Remember, hormonal changes can make ligaments easier to stretch, increasing the risk of injury. Be mindful of your body and inform your healthcare team if you experience any adverse effects like breathlessness, weakness, or lightheadedness during exercise.

## Daily exercise and stretching videos to follow along to.

*Lead by Temecula native professional instructor.*

Learn the “Why” behind each movement.

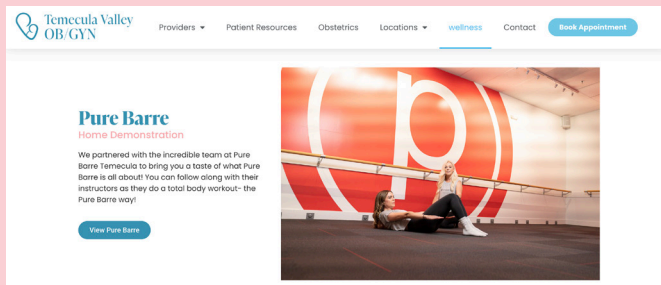
## *Maternity Fitness*



Our local expert, Sarah is a certified trainer and specializes in maternity fitness programs. As an OB patient with Temecula Valley, you will get free exclusive access to this class and can follow along through each trimester of your pregnancy.



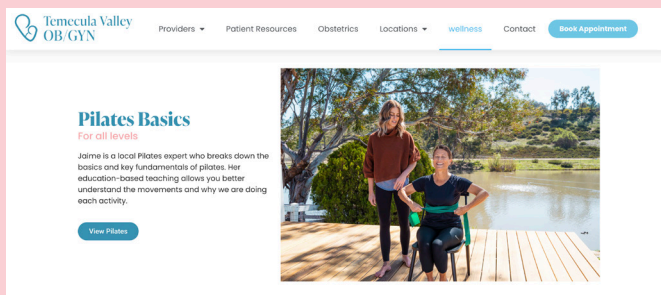
# Pure Barre



Pure Barre is a full-body workout that transforms you physically and mentally. Our musically driven group classes focus on low-impact, high-intensity movements that strengthen and tone your body in 50 minutes or less.

This fun at-home demonstration is led by two local instructors with Pure Barre Temecula. We encourage you to try these workouts at home and then visit the Temecula location to redeem your free in person class to see if Pure Barre is right for you!

# Pilates



In these classes, you'll learn the six principles of pilates and some easy and helpful exercises to do at home. You'll be given helpful tips and demonstrations by Dr. Kyle Vincent, of Rancho Family Medical group. Jamie, with Control Pilates in Temecula, will walk you through some basic exercises and principles of pilates to implement into your everyday life.

Congratulations on entering your second trimester! Often called the “honeymoon phase” of pregnancy, you’ll experience relief from early symptoms, increased energy, and reduced morning sickness. Embrace the bond with your growing baby through gentle flutters and kicks. Engage in moderate exercise and attend regular prenatal check-ups as your baby’s development progresses rapidly. Cherish this special time as you prepare for the joyous arrival of your little one!

# 02

## *Second Trimester*

Weeks 13-27

Place polaroid  
photo here to  
track your journey!

# What to *Expect*

## **01** *Increased Appetite*

An increased appetite is common in the second trimester. If you are hungry, eat something! Just choose balanced, nutritious meals and opt for snacks that provide the nutrients your body needs. Fruit, yogurt, and vegetables are great things to grab between meals.

## **02** *“Showing”*

Your baby bump is growing. You may need to start wearing bigger sizes or maternity clothing.

## **03** *Mobility*

Even though you are “showing,” you can move around easily – you do not need to feel uncomfortable or awkward.

## **04** *Quickening*

You may feel the baby move— some people describe it as a “flutter.” This is called quickening.

## **05** *Stretch Marks*

You may get stretch marks on your tummy, thighs, legs, breasts, or buttocks.

## **06** *Constipation*

You may start having constipation problems. Make sure you drink eight to ten glasses of water each day. If you have continuing issues with having a bowel movement, talk to a member of your health-care team – do NOT give yourself an enema.

## **07** *Dreams*

You may experience an occasional scary dream. This is normal, and likely due to fears you may be having about your pregnancy. Talk about the dream with someone – it may diminish some of your worries.

## **08** *Swelling*

Your hands and feet may swell due to changing hormones and an increase in blood volume. This is completely normal, but if you notice it, rest and put your feet up occasionally.



*Dr. Tammy  
Lynn Hayton*

*Congratulations on entering your second trimester! You're looking and feeling great. Time is flying, but don't fret – here's a helpful checklist to tackle during this exciting phase of your pregnancy:*

# Check List

## *Weeks 13-27*

- Shop for maternity clothes – Prepare for your growing bump!
- Plan and design your nursery – Have fun creating a special space for your little one.
- Choose the hospital for giving birth – Take tours and make an informed choice.
- Start thinking about childcare options – Consider a nanny or daycare center.
- Find a prenatal exercise class – Stay active and connect with other expectant moms.
- Learn about second-trimester prenatal tests – Understand tests for chromosomal disorders.
- Apply moisturizer to your belly – Keep your skin hydrated as it grows with your baby.
- Choose favorite baby names – Start creating a list of favorites.
- Look into childbirth classes – Secure a spot early to be well-prepared.
- Start sleeping on your side – Adjust to a more comfortable sleeping position with a pillow between your legs.
- Begin Kegel exercises – Promote pelvic health during and after pregnancy.
- Create a baby registry – Get ready for your baby shower and upcoming arrival!

# Labs, Screenings & more

During your second trimester, your healthcare team may recommend several screenings, labs, tests, and/or vaccinations. They will collaborate with you to schedule the necessary ones for your pregnancy.



*Dr. Kendra  
G. Jones*

## *Ultrasound*

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This technology evaluates the placenta, the amniotic fluid, and the gestational age, growth, and anatomy of your baby. A routine ultrasound is offered around week 20 and may be recommended at other times, as well.

## *Maternal Serum Alpha-Fetoprotein (MSAFP)*

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This optional blood test may be performed to screen for open neural tube defects, such as spina bifida.

## *Genetic Disease Screening Program (GDSP)*

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Screening and testing services to identify genetic disorders or conditions.

## 20 Week *Ultrasound*

### *An ultrasound can help:*

- Determine overall well-being
- Identify gender, if wanted
- Identify if there is more than one fetus
- Determine detailed anatomy (Level 1)
- Determine fetal growth

The ultrasound is a procedure to gather additional information about your pregnancy and view images of your baby. Typically conducted around 20 weeks, it confirms the placenta's health and ensures proper growth in the uterus. The ultrasound also allows you and your healthcare team to witness the baby's heartbeat and movements of its body, arms, and legs.

Place ultrasound  
picture here to  
track your journey!

# Notes

## 04 Appointment

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## 05 Appointment

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## 06 Appointment

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*You are  
strong &  
capable.*



# Looking after your *Mental Health*

Pregnancy brings significant physical and mental changes. Whether it's a planned pregnancy or not, both you and your partner might experience a mix of emotions. There will be moments of joy and excitement about meeting your baby, as well as times of sadness and worry. It's normal to have a range of feelings during this transformative journey.

## *Suggestions to help you cope with stress and changing emotions during pregnancy:*

1. Take time daily to relax, rest, and get enough sleep. Feel free to nap if needed.
2. Set realistic expectations for yourself.
3. Share your thoughts and feelings with someone you trust, like your partner, family, friends, or healthcare provider.
4. Maintain a healthy diet and eat at regular intervals.
5. Stay hydrated by drinking plenty of fluids.
6. Enjoy walks outside for a refreshing experience.
7. Don't hesitate to ask for help from others.
8. Accept offers of support, such as child care or meals.
9. Spend time with friends to uplift your spirits.
11. Consider joining a prenatal group for support and camaraderie.
13. Treat yourself to something special each day.

## The Importance of *Mental Health* During Pregnancy

Pregnancy is a time of immense physical and emotional changes, and taking care of your mental health during this transformative period is crucial for both the well-being of the mother and the healthy development of the baby. Pregnancy comes with a range of emotions, from excitement and joy to anxiety and uncertainty, and it's essential to address these feelings openly and seek support when needed.

One of the most common mental health challenges during pregnancy is prenatal depression and anxiety. These conditions can affect up to 1 in 5 pregnant women and may have adverse effects on the pregnancy and the baby's development. Hormonal fluctuations, physical discomfort, and the significant life changes that come with impending motherhood can all contribute to feelings of stress and emotional vulnerability.

Maintaining good mental health during pregnancy has numerous benefits. Firstly, it allows the mother to build a strong emotional connection with her baby even before birth. A positive emotional bond during pregnancy can lead to a more secure attachment after childbirth, fostering healthier relationships between the mother and child.

Secondly, taking care of mental health can lead to a reduction in stress levels. High levels of stress during pregnancy have been linked to preterm birth, low birth weight, and other complications. By managing stress and anxiety, the expectant mother can create a more supportive environment for her baby's growth and development.

Furthermore, prioritizing mental health helps prepare mothers for the challenges of parenthood. By addressing any emotional concerns during pregnancy, women can develop coping strategies and resilience that will benefit them during the postpartum period and beyond.

*So, what can expectant mothers do to support their mental well-being during pregnancy?*

### *Communicate Openly*

Share your feelings and concerns with your partner, family, friends, or health-care providers. Sometimes, just talking about your emotions can be incredibly therapeutic.

### *Seek Professional Support*

If you're experiencing persistent feelings of sadness, anxiety, or other mental health issues, don't hesitate to reach out to a mental health professional or counselor who specializes in prenatal care.

### *Practice Self-care*

Take time to rest, engage in activities that bring you joy, and focus on maintaining a healthy lifestyle with proper nutrition and regular exercise.

### *Attend Prenatal Classes & Support Groups*

Joining prenatal classes or support groups allows you to connect with other expectant mothers, share experiences, and gain valuable insights into managing pregnancy-related emotions.

### *Educate Yourself*

Understanding the physical and emotional changes occurring during pregnancy can help alleviate fears and uncertainties.

In conclusion, mental health is an integral part of a healthy pregnancy journey. Prioritizing emotional well-being during this transformative time will not only benefit the mother but also create a positive foundation for the baby's development. By seeking support, communicating openly, and practicing self-care, expectant mothers can foster a healthier and more joyful pregnancy experience. Remember, taking care of yourself emotionally is an essential aspect of becoming the best possible parent for your little one.

# Postpartum Depression

The birth of a child is seen as a joyous occasion, but for some new mothers, the postpartum period can bring unexpected emotions and challenges. Postpartum depression (PPD) affects about 1 in 7 women after giving birth and is more severe and persistent than the “baby blues,” necessitating professional help and support.

## *The Symptoms*

Postpartum depression manifests in a variety of ways and may not always be immediately apparent. Symptoms can include intense feelings of sadness, hopelessness, or emptiness, a loss of interest or pleasure in activities once enjoyed, changes in appetite or sleep patterns, and a lack of energy or motivation. Some women may experience irritability, difficulty bonding with the baby, or overwhelming guilt and self-doubt about their abilities as a mother.

## *Risk Factors*

While the exact cause of postpartum depression is not fully understood, certain risk factors may increase its likelihood. These include a history of depression or anxiety, previous experiences with PPD, a lack of strong social support, stressful life events during pregnancy or after childbirth, and hormonal fluctuations.

## *The Impact*

Postpartum depression not only affects the well-being of the mother, but can also have repercussions on the baby and the family as a whole. When left untreated, PPD can interfere with the mother-infant bond, potentially leading to developmental delays in the child. Additionally, it can strain relationships and make the adjustment to parenthood even more challenging.

## *Seeking Help and Treatment*

Early recognition of postpartum depression (PPD) is vital for recovery. If you or someone you know shows symptoms of PPD, contact a healthcare provider, like an obstetrician or mental health professional, for a thorough evaluation and appropriate treatment plan.

Treatment for PPD may include talk therapy like cognitive-behavioral therapy (CBT) or interpersonal therapy, helping process emotions, develop coping strategies, and strengthen support networks. In severe cases or when therapy alone isn't sufficient, medication may be prescribed.

## *Self-Care and Support*

In addition to professional help, self-care and a strong support system are essential components of recovery. New mothers should not hesitate to ask for help from friends and family with childcare or household tasks. Engaging in regular physical activity, maintaining a healthy diet, and getting adequate rest can also positively impact mood and energy levels.

Postpartum depression is a medical condition, not a reflection of a mother's capabilities. Seeking help is a sign of strength, and with support and treatment, women can overcome PPD and enjoy motherhood. By raising awareness, providing support, and encouraging open conversations, we can destigmatize PPD and ensure every woman receives the care she needs during this transformative period. Remember, help is available, and you are not alone.

If you feel like you want to hurt yourself or your baby please contact 911 or go to an emergency room.

03

*Third  
Trimester*

Weeks 28-40

Congratulations on reaching the third trimester of your pregnancy! As you prepare to meet your little one, expect a more pronounced belly and increased pressure on your internal organs due to your baby's growth. Challenges finding a comfortable sleeping position, shortness of breath, heartburn, and frequent urination may arise. Attend regular prenatal check-ups, communicate openly with your healthcare provider, and practice self-care for your well-being. Trust in your body's ability to bring new life into the world and cherish these precious moments as you welcome your bundle of joy!

Place polaroid  
photo here to  
track your journey!



# What to *Expect*

## **01** *Forgetfulness*

Are you feeling absent-minded or scatterbrained? Don't worry...it is very common!

## *Fatigue &* **02** *Difficulty Sleeping*

You may be more tired and less relaxed. Your belly is growing to accommodate your baby, making it difficult to get comfortable or stay comfortable. If it is hard to sleep, try to position yourself on your side and use pillows around you.

## **03** *Weight Gain*

The baby is growing fast now, so you may gain weight more quickly.

## **04** *Leaking Breasts*

It is not unusual for your breasts to leak in the third trimester. The fluid is called colostrum and is the first milk the baby receives when you breast-feed. It is highly nutritious and beneficial to newborns.

## **05** *Dizziness*

You may feel lightheaded or dizzy if you stand up too fast or get up too quickly from lying down. Take your time and move slowly.

## **06** *Vaginal Discharge*

A heavier discharge is normal and is preparing your vagina for birth. If you notice an odor or itching, be sure to talk with a member of your health-care team.

## *General* **07** *Discomfort*

The size of your baby may push your belly up into your ribs, making it harder to breathe. You may also get heartburn or indigestion. Smaller but more frequent meals may help. You may also feel awkward or a bit clumsy. Be sure to wear comfortable, flat shoes with rubber soles. You do not want to fall!

## *Braxton-Hicks*

## **08** *Contractions*

You might notice your uterus feeling hard or having a "balling up" sensation, sometimes known as "false labor" or "practice contractions." These irregular contractions are called Braxton-Hicks. They are very normal, as long as it's less than 6 per hour.

## *Increased* **09** *Urination*

You may need to go to the bathroom more often once your baby "drops," with the weight of the uterus on your bladder. This process is called "lightening."



***Dr. Elizabeth  
LoCascio***

*You're almost there! Baby's arrival is just around the corner, so it's time to complete the final items on your to-do list.*

# Check List

## Weeks 28-32

- Explore childcare options in your area, if needed.
- Rh-negative moms: Get your Rh injection.
- Start monitoring the baby's kicks.
- Sign up for childbirth classes.
- Consider breastfeeding and consult with lactation specialists or take a breastfeeding class.
- Discuss cord blood banking with your care team.
- Screen for signs of depression during pregnancy and share any feelings of depression or anxiety with your doctor.

## Weeks 32-36

- Practice breathing and relaxation exercises for childbirth.
- Decide on post-birth contraception methods if needed.
- Choose a pediatrician for your baby and seek recommendations if necessary.
- Prepare and pack your hospital bag.
- Gather any last-minute items for the baby's first few weeks.
- Assemble the remaining nursery furniture.
- Install and have your baby's car seat inspected.
- Attend appointments every other week.

## Weeks 36-40

- Continue to monitor for signs of depression and inform your doctor if needed.
- Get your Group B strep test (GBS).
- Make a decision regarding circumcision if you're having a boy.
- Prepare grab-and-go meals and store them in the freezer.
- Pack the baby's hospital bag.
- Attend appointments every week.
- Prioritize rest and relaxation as much as possible.
- Put the car seat in the car.

# Labs, Screenings & more

Your third trimester may require various screenings, labs, tests, and/or vaccinations. Your healthcare team will collaborate with you to schedule the necessary ones for your pregnancy.



*Dr. Charles  
C. Yang*

## *Group B Strep Culture*

Group Beta Strep is a common bacteria found in the lower genital tract of women. As a group B strep carrier, you will not show any symptoms. A culture swab is obtained from the vagina and rectum at around 36 weeks to determine if it is present or not. If you are a carrier, you will be given antibiotics during labor to protect your baby from Group Beta Strep bacterial infection. At this time, your provider may check your cervix.

## *One-Hour Glucola*

This screening test checks for gestational diabetes at 24 weeks, as the demands of pregnancy occasionally cause an imbalance between your body's sugar and insulin supplies.

## *Biophysical Profile (BPP)*

This optional screening evaluates your baby's wellness by using ultrasound to evaluate movement, breathing, muscle tone, and the amount of amniotic fluid present.

## *Early Genetic Screening*

Available as needed; discuss the options of this screening with your provider.

*Pregnancy and labor experiences vary for each woman. By gaining a deeper understanding of the childbirth process, you can approach labor with greater composure and confidence.*

# *Signs of Labor* After 36 weeks

Here is a list of common labor signs. You may experience one of them...you may experience all of them.

## *Diarrhea*

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Contractions can stimulate your bowels and cause loose stools.

## *Bloody show*

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As your cervix thins and begins to open up, you may experience a thick discharge, perhaps tinged with blood. This “bloody show” can happen at the beginning of labor or up to a week prior to labor. If you experience any bright red bleeding, call your provider immediately for evaluation.

## *When to go to hospital for suspected labor:* (after 37 weeks)

- Heavy vaginal bleeding
- Contracting 6 or more times in an hour
- Not feeling fetal movement more than 6 times in an hour
- Fever over 100.4 °F
- Severe cramping, and/or leaking clear fluid

## *Water “breaking”*

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Your water may “break” as an abrupt gush or slow trickle of amniotic fluid. You cannot control its flow. This fluid may be clear or tinged with yellow, pink, or green. If you think your water may have “broken,” you should call a member of your healthcare team for evaluation.

## *Contractions*

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When you feel tightening or cramping across your belly, this can be the start of labor.

Sometimes, contractions are also felt in your lower back or are compared to menstrual cramps. Once contractions start you should time them – from the beginning of one to the beginning of the next. This helps measure your progress. You should come to the hospital when your contractions are less than five minutes apart for one hour.



A photograph of a family of four sitting around a dining table in a bright, sunlit room. A dog is sitting on the floor in the foreground. The image is overlaid with a semi-transparent teal filter. The text "Your body is capable of amazing things." is written in a white, elegant script font across the center of the image.

*Your body  
is capable  
of amazing  
things.*

# Warning Signs and *Complications After Delivery*

## Within normal...

1. Bleeding: discharge made up of blood-mucous tissue and occasionally blood clots, moderate in amount. May last approximately 3 to 6 weeks.
2. Fatigue
3. Temperature under 100 degrees after 24 hours of delivery
4. Some pain, discomfort, or numbness in the vaginal area after vaginal delivery OR Diminishing incisional pain, numbness, or discomfort at the c-section site
5. Breast soreness – engorgement
6. General achiness
7. Hair loss
8. Feeling overwhelmed
9. Post-partum blues: mood swings resolving within 2-3 days

## When to call our office...

1. Heavy vaginal bleeding – soaking more than one pad per hour and/or “lemon-sized” blood clots
2. Discharge with foul odor.
3. Temperature over 104 degrees 24 hours after delivery
4. Significant or worsening pain/discomfort in the abdomen past the first few days after delivery.
5. Lump in a breast with any redness, tenderness, heat, hardness, or fever.
6. Chest pain, calf or thigh pain, and/or headache.
7. Swelling, redness, heat, or discharge from c-section incision.
8. Difficulty urinating- pain or burning



# Hospital Bag Checklist

- Your birth plan
- Robe and slippers
- Warm socks
- Eyeglasses, if you wear them
- Headbands or ponytail holders (optional)
- Your own nightgown or pajamas (optional)
- Toiletries, if you prefer to use specific brands from home
- Toothbrush
- Hair dryer and curling iron
- Lip balm
- Camera and extra batteries/charger
- Cell phone and charger
- Underwear
- Loose-fitting outfit to wear home
- Makeup, if you usually wear it and want some for photos
- Flip flops or larger shoes in case your feet get swollen
- Suckers or hard candy
- Nursing or supportive bra
- Breast pump (if nursing)
- Relaxation aids, such as music, lotions/essential oils, books, cards,
  
- Music, movies, and magazines or other reading material
- Personal contact list, so you don't forget to notify anyone special
- Baby book
- Baby announcements
- Infant car seat with cover as seasonally

needed (must not be expired)

- Baby outfit to wear home (remember undershirt and socks!)
- Insurance information

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## 07 Appointment

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## 08 Appointment

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## 09 Appointment

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# Nutrition Tips

*Proper nutrition is crucial during pregnancy for the well-being of both the mother and baby. Here are essential tips:*

- 1.** Eat a variety of nutrient-rich foods from all food groups.
- 2.** Focus on folate and folic acid for neural tube prevention.
- 3.** Ensure sufficient iron for increased blood volume.
- 4.** Include calcium for baby's bone and teeth development.
- 5.** Emphasize omega-3 fatty acids for brain and eye development.
- 6.** Limit caffeine, avoid alcohol, and stay hydrated.
- 7.** Control portion sizes and listen to your body's cues.
- 8.** Avoid raw or undercooked foods and practice safe food handling.
- 9.** Consult with your healthcare provider or a registered dietitian for personalized advice.



Remember, a well-balanced diet is essential, but regular check-ups, staying active, managing stress, and getting enough rest are equally important for a healthy pregnancy. Embrace this exciting journey into motherhood with the power of a healthy lifestyle for both you and your baby.

During pregnancy, selecting the right foods is essential to provide nourishment for both you and your baby as your body adjusts to new nutritional needs. Remember, this period of development calls for eating well and not dieting! Though it's important to monitor your weight, avoid obsessing over every pound, as the average weight gain during pregnancy is around 25–35 pounds.

## ✔ *What To Eat*

### *Protein*

3 Servings per day

Meat, fish, poultry, eggs, nuts, and dried beans

- Supplies protein, niacin, thiamine (B-1) and iron
- Helps build new body tissue, prevents anemia
- Meat, fish, poultry, eggs, and cheese are sources of complete protein

### *Calcium*

4 Servings per day

Milk and milk products

- Supplies calcium, protein, vitamins A, D and riboflavin (B-2)
- Builds bones and teeth
- Protein builds body tissue

### *Fruits*

2–4 Servings per day

### *Vegetables*

3–5 Servings per day

- Supplies vitamins A and C, folic acid, and many other vitamins and minerals
- Promotes healthy skin, teeth, bones and eyes
- Provides fiber to avoid constipation

### *Healthy Carbs*

6–11 Servings per day

Bread, cereal, pasta, and rice

- Supplies complex carbohydrates, thiamine (B-1), iron, and niacin (B-3)
- Provides energy and protein
- Provides fiber and select whole grains
- Promotes healthy skin, nervous system

## ✘ *What To Avoid*

You already know the drill: Eat right and exercise more. When you are pregnant, this common sense guidance is even more important. Consume more fruit and vegetables, eat balanced meals, focus on serving sizes. But what should you avoid? The fact is, you and your baby are more prone to foodborne illnesses, like listeriosis, during your pregnancy. That makes your dietary decisions especially important. Here's a look at what you should avoid during these important nine months:

- Tuna, mackerel, shark, raw fish, and raw shellfish (including sushi containing raw fish and oysters)
- Undercooked meat and poultry
- Hot dogs and deli meat
- Raw or lightly cooked eggs (and foods where they are used as an ingredient)
- Unpasteurized milk, milk products, and juices (often apple cider)
- Unpasteurized and pasteurized soft cheese (like brie, camembert, feta, queso fresco, and blue-veined cheeses)
- Refrigerated patés and meat spreads
- Raw sprouts
- Excessive caffeine (limit your intake to one caffeinated beverage or up to 300 mg per day)



# WELL WITHIN

Well Within is an online educational library created to educate our patients and community on how to live a health-focused lifestyle.

Health is at the forefront of our minds constantly, whether that be through getting enough steps in the day, making healthy food choices, or moving our bodies.

Created by local professionals and primary care physicians, teaching how to truly become well within.

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*All this content is completely FREE to our patients and community.*

[becomewellwithin.com](https://becomewellwithin.com)





*Soup*



*Salad*



*Spring Rolls*



*Salsa*



*Curry*



*Pasta*



*Dessert*



*Veggies*



Find directions + more recipes on [becomewellwithin.com](http://becomewellwithin.com)

### **Why do pregnant women feel tired?**

Extreme fatigue in early pregnancy is common and attributed to hormone changes, particularly the rise in progesterone. Pregnancy can also affect blood pressure and blood sugar, contributing to tiredness. Thankfully, your energy should improve during the second trimester.

### **Is cramping during pregnancy normal?**

Some cramping can occur, especially in early pregnancy, due to embryo implantation. However, if cramping persists or worsens, it's essential to consult your doctor, as it could indicate an ectopic pregnancy.

### **When do you begin showing during pregnancy?**

Around week 16-20 of pregnancy, most women notice a growing belly, though it can vary. Second-time moms may "show" earlier.

### **When do pregnancy cravings start?**

Approximately 75% of women experience pregnancy cravings by the 13th week. Chocolate, high-calorie carbs, and animal proteins are top contenders on the craving list.

### **What part of the breast hurts in early pregnancy?**

Breast sensitivity is common, and the nipples are often particularly tender. Your breasts may feel fuller and even tingle.

### **When does pregnancy nausea start?**

Nausea varies among women, with some experiencing it a couple of weeks after conception or later. It can occur at any time of the day.

### **When does heartburn start in pregnancy?**

Heartburn may begin in the first trimester. Pregnancy hormones relax the stomach valve, allowing stomach acid to back up. Smaller meals and sleeping propped up can provide relief.

## *Second Trimester*

### **What kind of breast changes are normal during pregnancy?**

In the second trimester, breasts may grow due to increased fat and milk glands. Nipples can darken and develop small bumps, and your areolas may enlarge. Near the end of pregnancy, colostrum, a yellowish liquid, may leak from your nipples.

### **When can you start to feel the baby move?**

You'll typically feel your baby move in the second trimester, starting with gentle flutters in your belly.

### **What should I eat during my second trimester of pregnancy?**

Most pregnant women need around 2200 calories per day during the second trimester, focusing on a balanced diet of grains, vegetables, fruit, dairy, protein, and healthy fats.

### **Should I avoid certain types of foods during pregnancy?**

While most foods are safe in moderation, avoid high-mercury fish, raw seafood, unpasteurized dairy, alcohol, certain herbal teas, and excessive caffeine.

## *Third Trimester*

### **When do more regular checkups start?**

You'll have more frequent checkups during the third trimester, increasing to weekly visits after week 36.

### **When do cervical checks start in pregnancy?**

Cervical checks typically begin around weeks 36–38. Your cervix may thin and soften in preparation for labor.

### **What does it mean if my doctor tells me I'm dilated?**

Dilation refers to the widening of the cervix as your body prepares for birth. Keep in mind that you can stay one centimeter dilated for days or even weeks.

## *Labor & Delivery*

### **When do most women go into labor?**

Most women go into labor between 38 and 41 weeks of pregnancy, but the average length is 40 weeks.

### **How does birth feel?**

Contractions are a significant part of labor, with sensations ranging from menstrual cramps to intense stomach pain. Water breaking may feel like a tickle or a rush of fluid.

### **How much weight do you lose after giving birth?**

The rate at which you lose postpartum weight varies. You're encouraged not to rush the process, as your body needs time to recover. Most women aim to lose pregnancy weight within six months postpartum.

### **How long do you bleed after giving birth?**

You'll experience vaginal bleeding, known as lochia, for about six weeks after delivery. The heaviest flow occurs in the first ten days.

### **How long does it take to heal after giving birth?**

Women typically start feeling better within six to eight weeks. Work with your doctor to create a postpartum recovery plan tailored to your needs.

# Baby Registry Checklist

\* Essentials

## Feeding

- Bibs\*
- Bottles\*
- Burp Cloths\*
- High Chair\*
- Bottle Warmer/Sterilizer
- Breast Pump
- Breastfeeding Accessories
- Cups
- Nursing Pillow

## Sleeping

- Baby Monitor\*
- Bassinet or Bedside Sleeper\*
- Crib\*
- Crib Mattress\*
- Crib Sheets\*
- Swaddies\*
- Sound Machine or Soother

## Diapering

- Changing Pad\*
- Changing Pad Cover\*
- Changing Table\*
- Cream/Ointment\*
- Diapers\*
- Diaper Bag\*
- Diaper Pail\*
- Wipes\*

## Baby Gear

- Carrier or Wrap\*
- Infant or Convertible Car Seat\*
- Stroller\*
- Car Seat Accessories
- Travel Crib
- Travel System

## Health & Safety

- Baby Thermometer\*
- First Aid Kit\*
- Pacifiers\*
- Humidifier

## Bathing

- Bathtub\*
- Towels\*
- Bath Toys

## Nursery & Decor

- Chest or Dresser
- Glider or Rocking Chair
- Lighting
- Storage & Organization
- Wall Decor

## Clothing

- Bodysuits (Short & Long Sleeve)\*
- Footies\*
- Hats\*
- Pants\*
- Socks\*
- Headbands
- Mittens
- Outerwear
- Outfit Sets

## Playing

- Activity Gym/Mat
- Books
- Bouncer
- Playard
- Seat or Lounger
- Soft Plush Toys
- Swing
- Toys
- Walker



Always remember, your postpartum journey is uniquely yours. Should you have concerns or encounter unfamiliar experiences, don't hesitate to reach out to your healthcare provider. You've got this!

# 04

## *Post Partum Care*

### 6 Weeks After Birth

Place polaroid  
photo here to  
track your journey!



# What to *Expect*

## *Schedule your Post Partum Visit*

- 6 weeks after vaginal delivery
- 1 week for incision check after cesarean, followed by 6 weeks post cesarean

## *01 Physical Changes*

- Embrace your body's amazing journey
- Uterine contractions are a sign of recovery
- Your strength during C-section recovery is remarkable
- Vaginal discharge is your body's natural healing process
- Your breasts, a source of nourishment for your baby
- If breastfeeding, the bond with your baby is worth the initial nipple tenderness
- Your body may swell but will return to normal
- Hemorrhoids and occasional constipation are temporary
- Postpartum urinary changes are part of your body's healing
- Sweating is your body's way of adjusting
- Your fatigue speaks to your incredible sacrifice

## *02 Emotional Changes*

- You're adapting to motherhood – that's something to celebrate
- Baby blues are a normal part of the journey
- If postpartum depression arises, seeking help is a sign of strength
- Your mixed feelings about returning to work/school show your deep love
- Emotional changes within your relationship signify growth

## *03 Menstruation and Fertility*

- Your body will find its rhythm once more
- If you're breastfeeding, your body is in tune with your baby's needs
- Trust your body's ability to harmonize its cycles

## *04 Pregnancy Timing*

- Give yourself 4-6 weeks to heal before resuming sexual activity
- Birth control empowers you to choose when to expand your family
- Waiting 18 months between pregnancies is a wise decision for your well-being

# *Post Partum Care*

## Essential Recovery *Shopping List*

*Bringing a new life into the world is a beautiful experience, but it's crucial to take care of yourself during the postpartum period. Here's a comprehensive shopping list to help you navigate this unique journey with comfort and confidence:*

- Pads
- Witch Hazel Pads
- Peri Bottle
- Sitz Bath
- Heating Pad Or Ice Packs
- Pain-Relieving Spray
- Nursing Pads
- Breast Pump And Breast Milk Storage Bags
- Comfortable Clothing
- Nursing Supplies
  - Nipple cream
  - Plastic nipple shields
  - Nursing bras
  - Nursing tank tops
  - Breast pads
  - Breastfeeding book
  - Nursing cover

[www.newtonbaby.com/blogs/hush/postpartum-essentials](http://www.newtonbaby.com/blogs/hush/postpartum-essentials)



### *Nourishing Nutrition*

- Easy-to-prepare meals or pre-cooked frozen dishes
- Healthy snacks such as nuts, granola bars, and fresh fruits
- A variety of herbal teas to keep you hydrated
- Multivitamins or supplements recommended by your healthcare provider

### *Stay Hydrated*

- Reusable water bottle to ensure you stay hydrated
- Electrolyte drinks or powder to replenish essential nutrients
- Freshly squeezed fruit juices for added vitality

### *Comfort Wear*

- Loose-fitting, comfortable clothing
- Supportive bras, especially if breastfeeding
- Soft, non-restrictive underwear
- Cozy socks and slippers

### *Pain Relief*

- Over-the-counter pain relievers (check with your healthcare provider)
- Heating pad or hot water bottle for muscle relaxation
- Cooling gel pads for any swelling or discomfort

### *Emotional Support*

- A journal for expressing your thoughts and emotions
- Inspirational books or podcasts
- Relaxing scented candles or essential oils
- A playlist of your favorite calming music

### *Household Supplies*

- Extra toilet paper and tissues
- Household cleaning supplies for quick touch-ups
- Paper plates and utensils for easy meal prep
- Disposable nursing pads for added convenience

### *Healing Aids*

- Sitz bath or Epsom salts for soothing postpartum baths
- Nipple cream or butter if you plan to breastfeed
- High-fiber foods to help prevent constipation
- Any prescribed medications or post-surgery care items

### *Baby Essentials*

- Diapers, wipes, and baby essentials
- A well-equipped diaper bag for outings
- Baby clothes and blankets
- A safe and comfortable bassinet or crib for your little one

*Remember, your postpartum journey is unique to you, so tailor this list to suit your specific needs and preferences. Self-care is crucial during this period, so take it slow, ask for help when needed, and cherish every moment with your new bundle of joy.*

## *Baby Sleeping Basics*

Newborns up to 3 or 4 months old need 14 to 17 hours of sleep in a 24-hour period, usually waking every two to four hours to eat.

## *Feeding Basics*

Breastfed babies should eat as much as they want at this age, but a general rule of thumb is roughly 16 to 24 ounces of breast milk or formula in 24 hours.

# 6 weeks *After baby*

## Ensuring a Smooth Postpartum Recovery

### *Prioritize Rest*

Giving birth is a demanding process, and hospital stays often mean limited sleep. During the initial weeks after delivery, it's crucial to rest whenever possible. Try to synchronize your sleep with your baby's. Adequate rest is fundamental for a speedy recovery.

### *5-5-5 Rule for Postpartum*

- 5 days in the bed
- 5 days on the bed
- 5 days near the bed

This gives you a solid two weeks of focused intentional rest. It also helps to get your priorities in order when it comes to those eager visitors. They will get to see the baby, but they don't get to make the rules.

### *Steer Clear of Heavy Lifting*

As you recuperate, it's essential to refrain from lifting anything heavier than your baby, particularly if you've undergone a C-section delivery. Prioritize light tasks and delegate heavy lifting to others.

### *Embrace Hand Hygiene*

Don't underestimate the significance of frequent handwashing. Maintain a habit of washing your hands after restroom visits, diaper changes, and before feeding your baby. It's a small step that plays a big role in preventing infections.

### *Minimize Stair Climbing*

During the initial week of your recovery, consider reducing your stair-climbing activities. Be mindful of the number of trips you make up and down the stairs as you heal. This precaution will aid in a smoother recuperation.

### *Simplify Baby Care*

Learning your baby's schedule and requirements can be challenging in those first weeks. Keep things straightforward by not overloading your to-do list. Remember, your baby doesn't need daily baths. Instead, use wet wipes for daily cleaning of your baby's face, hands, and diaper area. This simplification allows you to focus on what truly matters during this crucial time.

# Online Care with MyChart

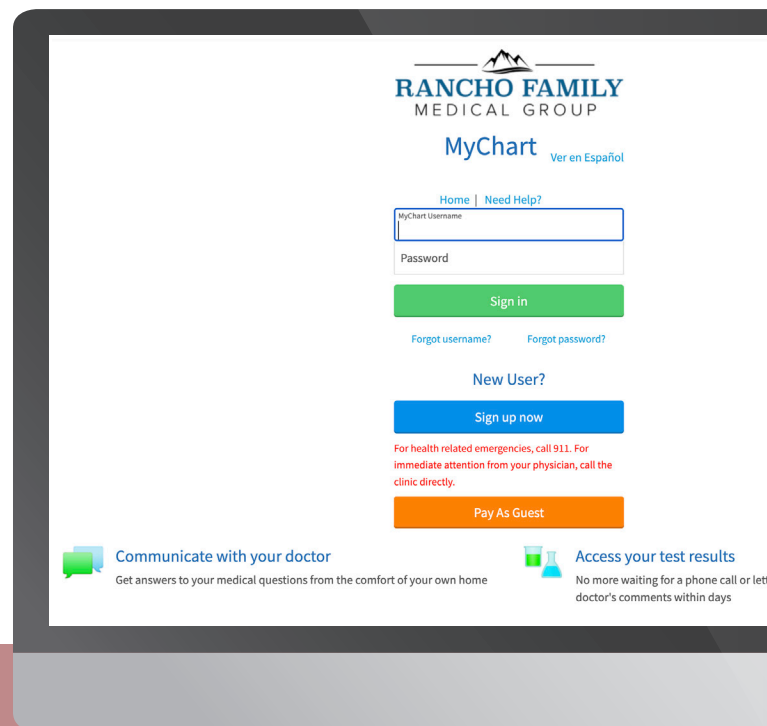
*MyChart is your online patient portal that will let you:*

- Message a Provider
- Book an Appointment
- Request Prescription Refills
- Review Lab Results
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