

## PERINATOLOGY DEPARTMENT

### INFORMATION AND ADVICE FOR PARENTS WITH NEWBORNS WHEN LEAVING THE HOSPITAL

#### Breastfeeding

- A good latch on the breast is essential for a good start to breastfeeding.
- A baby should have 8 or more feeds in 24 hours.
- How do I know if my baby has been drinking well? See *From Tiny Tot to Toddler*, Is Baby Drinking Enough?
- When baby is 4 days old, he should have 4 or more wet diapers per day and have had at least 3 large bowel movements after birth. At one week old, he should have 6 or more wet diapers per day.
- If you have problems with your breastfeeding, contact a professional breastfeeding resource.
- It is recommended to give a vitamin D supplement of 400 IU/ day to a nursing baby for up to 2 years of age.

#### Commercial infant formula

- If you choose to formula feed your baby, it is recommended to use preparations fortified with iron, up to the age of 1 year.
- Consult your *From Tiny Tot to Toddler* for the preparation and safe administration of baby bottles.
- It is recommended to give a vitamin D supplement of 400 IU/ day to formula-fed babies until they drink more than 1000 ml/ day.

#### Contraception

- The following contraceptive methods have little or no influence on breastfeeding:
  - Norethindrone (Micronor, Jencycla), Mirena or Kyleena (progesterone-based IUDs) or Mona Lisa (copper IUD), Depo-Provera (injection), Nexplanon (implant).
- Oral contraception can be started about 6 weeks after childbirth.
- An IUD can be inserted between 6 and 12 weeks after childbirth.
- Breastfeeding offers +/- 90% contraceptive effectiveness **if the following 3 conditions are met:**
  - Exclusive breastfeeding every 4 hours during the day (max) and 6 hours at night (max)
  - No return of menstruation
  - Baby is less than 6 months old

#### Medical problems in pregnancy

- Hypothyroidism
  - You will need to have a blood test done (TSH) 6 weeks after your delivery (a form will be given to you at the hospital).
  - If you had hypothyroidism before pregnancy, you should take the same dose of Synthroid that you took before pregnancy.
  - If you had hypothyroidism only during pregnancy, you should stop Synthroid after childbirth.
- Gestational Diabetes
  - You will need to have a blood test done (HGOP 75g) after your delivery (a form will be given to you at the hospital).

#### Appointment and follow-up for MOM

- Medical follow-up is required 6 to 8 weeks after childbirth.
- If you were under the care of a family doctor with obstetrical training or a midwife, please contact him or her to make an appointment. \*If you had a c-section and were followed by a midwife, an appointment with the obstetrician-gynecologist is also suggested.\*
- If you were under the care of an obstetrician-gynecologist, the Delta clinic will contact you to schedule an appointment, or an out-patient follow-up will be given to you upon your departure.

*Do you have the booklet on Returning home after a c-section?*

*Available on our website.*

## Appointment and follow-up for BABY

- A nurse from the CLSC will contact you by phone approximately 48 hours after your return at home. No action is necessary on your part, the liaison will be made when you are discharged from the hospital. If you have not received a call after 48 hours, call your CLSC at the number given to you.
- A follow-up for baby is recommended between 10 to 14 days of life. This follow-up can be carried out by the family doctor with obstetrical training, the midwife, your family doctor, a nurse practitioner or the GMF nurse.
- Another medical examination at 2 months should be scheduled by you with your family doctor.
- Vaccination at the CLSC begins at the age of 2 months (take an appointment thru Clic santé or call the CLSC).
- If you do not have a family doctor for the baby, you can go to your CLSC to use the self-service scales for a follow up on the baby's weight. **IMPORTANT** ; Register your baby at *Guichet d'accès à un médecin de famille* as quickly as possible.

<https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor>

## Health problems with my baby

- If your baby has a rectal temperature of  $\geq 38$  degrees Celsius in the first 3 months of life, you should consult on the same day at the emergency room. DO NOT GIVE TYLENOL OR ADVIL.
- For a one-time non-urgent or semi-urgent health need, register at the Primary care access point (GAP) <https://gap.soinsvirtuels.gouv.qc.ca/en> or contact Info santé 811 option 3 so they can redirect you to the right health care provider.

## Prevention of Sudden Infant Death Syndrome

- Baby should always sleep on his back.
- Do not overheat your baby's environment. Keep the temperature between 18 and 22 degrees Celsius.
- Do not smoke in the house. Avoid using cannabis while your baby is in your care.
- It is better to dress your baby well rather than to swaddle him.

## Car seat

- Your baby must be in a car seat to leave the hospital. A nurse will check it before you leave.
- To have the car seat in your car verified, you may go to the police station at 777 boulevard de la Carrière, from Monday to Friday between 1 p.m. and 1:30 p.m. (except on holidays).
- You can also watch the SAAQ video:

<https://saaq.gouv.qc.ca/en/road-safety/behaviours/child-safety-seats/choosing-using-right-seat-right-time>

## Prevention of Plagiocephaly (flat head)

- You should do tummy time sessions with supervision for short periods every day.
- Change your baby's position in the crib every day. One day place your baby's head at the head of the crib and the next day place his or her head at the foot of the crib.

## AVAILABLE RESOURCES

- The guide *From Tiny Tot to Toddler* (free at your CLSC) or downloadable. <https://www.inspq.qc.ca/en>
  - Info-Santé (8-1-1)
  - Director of civil status: 1-877-644-4545 (toll free) [www.etatcivil.gouv.qc.ca](http://www.etatcivil.gouv.qc.ca)
- An explanatory video for civil status registration (paper version) is available on our website

**WEBSITE:** <https://cisss-outaouais.gouv.qc.ca/language/en/accessing-a-service/having-a-baby/>  
<https://naitreetgrandir.com/en/feature/>  
<https://caringforkids.cps.ca/>