

**PARTNERS IN PERINATAL HEALTH
CONFERENCE
MAY 18, 2010**

*“The First Two Days and the First Two Weeks: Effective Postpartum
Support”*

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BirthReady*

Effective Postpartum Support:
The First 2 Days
The First 2 Weeks



Birthready.com

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- Early postpartum at the hospital, at home physical and emotional needs
- Supportive traditions and policies

What works?

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Transitional Crisis

This is a Transition
It doesn't have to be a Crisis

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Nature plans for Success

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Your baby can recognize your voice

Skin warmth

Prolactin levels for milk supply

Oxytocin "the Love Hormone"

- smell
- eye contact
- social cognition

mating, bonding, protective instincts.

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"If it weren't for those hormones, you wouldn't
have a healthy mother and baby."

That is one of your strengths.

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The Bruce Effect

The ability of a female (mouse) to discriminate
her original mate from a novel mate.

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This is Bruce.

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- Being seen as an individual
- Time to discuss, ask questions
 - Consistent advice
- Sensitivity to and support for breastfeeding problems
- Communication between postpartum and neonatal units

Kvist,L. and Persson, E.
Evaluation of changes in postnatal care using the "Parents Postnatal Sense of Security" instrument and an assessment of the instrument's reliability and validity. BMC Pregnancy and Childbirth Research Article 8/12/09

Rudman, A. and Waldenstrom, U.
Critical Issues on Postpartum Care Expressed By New Mothers.
BMC Health Services Research

Even in the last month of pregnancy,
men experience a rise in oxytocin, too.

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"...facilitate purposeful interactions with men during
the provision of maternity care
and provide information that is appropriate and
specific to the needs of fathers."

McKellar,L.
"Enhancing Father's Educational Experience in the Early Postnatal Period"
Journal of Perinatal Education 2008 Fall 14(4),

5/18/2010

“While your wife is ravaged... most devastating assault...
I wasn't quite prepared... wanted to scream Hey, that's my baby...
if you're in a hospital you have very little choice.”

She's Having a Baby and I'm Having a Nervous Breakdown
James Douglas Barron, c.1998

“Make the moments after birth count.
Create an emotional ring with your wife and child... start by holding her hand.
Pay close attention.
Don't be reluctant to hold your baby.”

She's Having a Baby and I'm Having a Nervous Breakdown
James Douglas Barron, c.1998

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“Healthy infants ...remain in direct skin-to-skin contact with their mothers immediately after delivery *until the first feeding* is accomplished.

“Except under unusual circumstances, the newborn infant should remain with the mother throughout the recovery period.”

“Breastfeeding and the Use of Human Milk”
American Academy of Pediatrics

4. Help mother initiate breastfeeding *within the first hour.*

Ten Steps of the Baby Friendly Hospital Initiative

Eric and Dee

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“ Our chief want in Life
is someone who will make us do
what we know we can.”

Henry Wadsworth Longfellow

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Home Visits, Social support

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Maternity aides in Holland
Community Postnatal Support Workers in U.K.
Home Visitor Study in California

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U.K Study:

10 home visits in 1 month, up to 3 hours per visit.

Housework 38.5 %

Talking with the mother 23.5%

Most did not use all the home visits though said
they'd like the service for longer than one month.

Morrell, C J, Spiby H, Stewart P, Walters S, Morgan A
"Costs and effectiveness of community postnatal support workers:
randomized controlled trial"
British Medical Journal September 9 2000
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“...reported a high level of satisfaction
that met a range of needs.

It found an enduring effect of support from partners
in child care and with housework, shopping and
cooking.”

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“There may also be long term positive effects of
antenatal and early postnatal home visits for first
time young mothers”

Morrell, C J, Spiby H, Stewart P, Walters S, Morgan A
“Costs and effectiveness of community postnatal support workers: randomized
controlled trial”
British Medical Journal September 9 2000

Story of Pauline

First baby, supportive husband
Grandmother gives her bad news during labor
Sleep deprivation sets in

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One hour postpartum home visit to mother and
newborn
\$265

15 minute visit with individual pediatrician
\$92

Satisfied mother
supportive partner
Priceless

Escobar,G. Braveman, P., Ackerson, L. Odouli, R., Coleman-Phox K., Capra,A. Wong, C. and Lieu,
T.
A Randomized Comparison of Home Visits and Hospital-Based Group Follow-up Visits After Early
Prenatal Discharge.
Pediatrics 2001; 108: 719-727

“The vision of Healthy People in healthy communities involves broad-based prevention efforts and moves....—to the neighborhoods, schools, workplaces, and families in which people live their daily lives. These are the environments in which a large portion of prevention occurs”.

Healthy People 2010: Midcourse Review
Executive Summary

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The Golden Rules that everyone should know.

Two Naps

One Event

This is longer than two weeks

“Doing the Month”

La Cuarenta

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Postpartum family's basic physical and spiritual needs

- Heat: treatment, hot foods.
- Shelter: private, even sacred, space for mother and baby to rest.
- Support: community, family, friends, trusted people, usually women.

Can you incorporate these in your practice?

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Heat treatment

- Sauna, sweat lodge
- Garlic, coriander, ginger
- High protein foods, no raw vegetables and fruits
- Hot coals under the bed, wrap in blankets/rugs
- Tea, soups

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Shelter or Private Space

- Special bed with space for coals underneath to keep mother and baby warm.
- Tent for mother and baby only, emerge at first light of 10th day.
- Uncle in seclusion, carves a special cradle, fed herbs and teas while doing this.

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Community Support

- Consistent care and trusted people.
- Less exposure to germs, negative influences.
- Everyone has a role, understands the boundaries.
- Reinforces this is a special time.

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Aren's baby

Healthy labor, skin to skin with mom
Breathing problems
1st child had been in NICU for a week

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Protect Aren's energy

A special place for Aren with baby
Hot tea, protein snack.

Validate concerns, answer questions.
Father, mother with baby.

Postpartum contact at home.
Community resources.

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“Do what you can, where you are
and with what you have.”

Theodore Roosevelt

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Story of Pammy

Hospitalized at 5 months

Single mom

little support

What are her strengths and her resources?

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• **Nursing Mothers' Council** 617-244-5102
Free! trained breastfeeding counselors for phone
support

• www.birthready.com
Calm, consistent guidance before, during and after
childbirth.

• www.dona.org
Certified Postpartum and birth doulas.

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www.jfcsboston.org

Greater Boston

www.northshorepostpartumhelp.org

North Shore

www.capecoalition.com/mdtf.html
Cape and Islands

www.southshorepostpartum.org

South Shore

www.motherwoman.org

Western MA.

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Enabling Factors in Transitions

Supportive environment
Transitional support
Emotional security

Health

Prior transitional skills

Economic security

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Gail Sheehy et al



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Average paid maternity leave in Europe:
5 ½ months

Out of 168 developed nations in the world,
163 have some form of paid maternity leave.
5 countries that do not.

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Lesotho
Papua New Guinea
Swaziland

Australia: 52 weeks guaranteed unpaid
U.S.A: 12 weeks guaranteed unpaid

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Keep sending the message:
Postpartum is a unique and important time.

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Christiane's babies

Doctor confident twins can be born vaginally,
one was breech.

Husband home first month

Grandmother tiptoes in the door with two cups of
hot cocoa
"I thought you could use some help".

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Before, during and after birth:

Reassure parents they have what it takes
to care for their child.

Allow time for calm beginnings.

Set up conditions that encourage parents
in this transition.


Educate the community where the family grows.

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Keep sending the message:
Postpartum is a unique and important time.

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You've got to
Accentuate the positive,
Eliminate the negative



Latch on to the affirmative
Don't mess with Mr. In Between

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Accentuate the Positive
Johnny Mercer & The Paul Smith Trio

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