Helping Families Be Healthy from the Beginning

New Moms & Families
Many new moms worry about losing weight after pregnancy. Here are answers to common questions:

**Is it safe to lose weight while breastfeeding?**
Yes! Losing weight will not change your breast milk or the amount of breast milk your body makes.

**Why should I try to get back to the weight I was before I got pregnant?**
Keeping even just a few pounds between pregnancies can put you at greater risk for diabetes and high blood pressure during your next pregnancy. There may be a greater risk of problems for your next baby as well.

**How much weight should I lose?**
- Aim to be back at the weight you were before you got pregnant, or less, by the time your baby is 1 year old. Talk to your doctor or midwife if you do not know how much you weighed.
- It is safe to lose about 1-1.5 pounds per week, which is about 4-6 pounds per month.
Here are 5 important goals for losing weight after pregnancy. Which one are you ready to work on?

1. **Eat a healthy diet.**
   
   Keep **fruits & vegetables** at home for snacks, eat foods **high in fiber** (fruits and vegetables, oats, brown rice, whole wheat), include **protein** in most meals, and avoid **fast foods**.

2. **Be physically active most days.**
   
   Do at least 30 minutes per day of moderate-intensity activity like fast walking, jogging, biking, swimming.

3. **Drink water.**
   
   Avoid sugar sweetened beverages like juice, soda, sports drinks, sweet tea or coffee drinks. If you are breastfeeding, drink extra water to replace the fluid you are feeding your baby.

4. **Get plenty of sleep.**
   
   Being a new parent is tiring and sleep is very important. Try to nap during the day, and go to sleep soon after your baby at night to get as much sleep as you can.

5. **Manage stress and ask for help.**
   
   Taking care of yourself is taking care of your baby. Ask friends or family for help. There are also support groups for new moms! Your doctor or midwife can help you find one.
Pumping and Storing Breast Milk

Good for your baby. Good for you.
There are many reasons to keep breastfeeding even if you have to be away from your baby. It can help keep your baby healthier and can help you lose your pregnancy weight faster!

Pumping your breast milk.
Try to pump at times your baby would normally feed. This will help your milk supply and give you breast milk to put in a bottle and have someone else feed to your baby while you are out. You can continue to nurse when you are there with your baby.

How long does breast milk stay fresh?

<table>
<thead>
<tr>
<th></th>
<th>At room temperature</th>
<th>In the refrigerator</th>
<th>In the freezer</th>
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<tbody>
<tr>
<td>Fresh breast milk</td>
<td>Can be at room temperature 6-10 hours</td>
<td>Can be stored in refrigerator 5-7 days</td>
<td>Can be stored in freezer for 3-4 months</td>
</tr>
<tr>
<td>Thawed breast milk</td>
<td>Can be at room temperature for 1 hour</td>
<td>Can be stored in refrigerator 24 hours</td>
<td>Do not re-freeze milk that was frozen before.</td>
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Other notes on thawing frozen breast milk:

- Do not let milk sit out at room temperature to thaw.
- Thaw milk slowly in the refrigerator. This takes about 12 hours, so try to put it in the refrigerator the night before you need it.
- For quicker thawing, hold the container under running water. Start with cool water and slowly make it warm.
Going Back to Work or School

Tips:

- Start to pump and freeze your breast milk about two weeks before you return to work.
- When your baby is around 4 weeks old, let someone else try giving your baby a bottle of breast milk. This will help your baby get used to the bottle before you go back to school or work, and it will help you get used to pumping. Not all babies take a bottle right away. Keep offering it, and try different bottle types to find one your baby likes.
- If you are breastfeeding, try to only give bottles of breast milk, not formula. This will help keep up your milk supply.

More tips:

- Do you have a refrigerator where you can store the milk you pump during the day? If not, bring an insulated lunch bag and an ice pack to keep the milk fresh when you will be pumping away from home.
- When you are with your baby, continue feeding directly from the breast. They need that close time with you, and it will help keep up your milk supply.
- Plan for healthy eating! Bring leftovers or pack a lunch and snacks with you to school or work. Here are some snack ideas:

<table>
<thead>
<tr>
<th>Fruit with yogurt</th>
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<tr>
<td>Celery or apple slices with peanut butter</td>
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<tr>
<td>Popcorn</td>
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<tr>
<td>A handful of nuts</td>
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<tr>
<td>Whole grain cracker with cheese</td>
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<tr>
<td>Hard-boiled egg</td>
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</table>
Join us at MILC!
The Mother Infant Lactation Club (MILC) is a fun, friendly place for moms to come with their babies and get answers to questions about breastfeeding.

There is always a lactation counselor there, and many moms come with questions about:
- Breastfeeding
- Pumping
- Nipple shields
- Newborn care
- Solid foods
- Sleep habits
- And many other things too!

MILC meets every Friday and you can come once or every week. This group is for you and your baby, and it’s free!

For more information, please call Susan Curley at (781) 485-6052
What is WIC?

WIC (Women, Infants, Children) is a program to help keep pregnant and breastfeeding women and kids under age 5 healthy.

WIC offers:

- Breastfeeding classes
- One-on-one breastfeeding support
- Free, healthy food
- Meetings with a nutritionist
- Tips for eating well to be healthy
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can help the whole family.

WIC also provides opportunities to talk with other parents about nutrition and other things that are important to families.

Questions about WIC?
Want to learn more or to find out if you qualify?

Call the MGH Chelsea and Revere WIC office
(617) 887-4340
Take care of your mind and your body.

As a new mom, you are thinking a lot about how to take care of your baby. Be sure to take care of yourself as well.

Many new moms feel sad, cry, or are moody in the days and weeks after giving birth. This is normal and can happen to any woman.

Some new moms also feel:
- Hopeless or overwhelmed
- No energy or motivation to do things they used to enjoy
- Anxiety
- Trouble concentrating
- A lack of interest in the baby
- Like they are eating or sleeping too little or too much
- Afraid of hurting themselves or their baby.

If you have any of these feelings, there are things you can do to feel better. Your midwife and doctor are there to help and want you to feel better. They have worked with many new moms who have also had these feelings and they are there to help you.

Know who you can ask for help.
Ask your doctor, nurse, partner, friends, or family for help when you need it.

If you need to talk to someone right away, call the MA emergency services program at 877-382-1609.
You don’t have to feel sick to go to your doctor. Regular check-ups are important to make sure that you are taking steps towards living a longer, healthier life. These visits can also be important for finding health problems early or before they become serious.

**After pregnancy, women should see a primary care doctor within 6-12 months.** All adults should see a doctor for a check-up every 1-2 years. Call now to schedule an appointment!

*Do you have a primary care doctor?*
If not, call your clinic to get set up with a new doctor.

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>What To Do</th>
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<tbody>
<tr>
<td>MGH Revere</td>
<td>Call the New Patient Voicemail and <em>leave a message</em> with your name, medical record number, date of birth, and contact phone number.</td>
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<tr>
<td></td>
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<tr>
<td>MGH Chelsea</td>
<td>Call the Adult Medicine Department and <em>tell them you are an MGH Chelsea OB patient</em> and need a primary care doctor.</td>
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</table>
Being a dad is an important job!

Ways to start bonding:

- Give your baby a bath
- Change your baby’s diapers
- Cuddle with your baby
- Do the *Boston Basics*!
  Learn about them on the next page.

Help your baby get a healthy start by supporting the baby’s mother in trying to breastfeed. Breast milk helps protect babies from illnesses. But breastfeeding can be hard, so be patient with both mom and baby!

Stay healthy for your baby, your partner, and yourself.

Your health matters. Smoking or using drugs, depression, being overweight and many other factors can impact the healthy development of your baby. As you make healthy lifestyle changes, you can also encourage and support your child’s mother to stay healthy. Turn back one page to learn how important it is to get a check-up at the doctor every year.
The Boston Basics are 5 fun, simple, and powerful ways that every family can give every child a great start in life.

**MAXIMIZE LOVE, MANAGE STRESS**

Babies need to feel loved and safe. Manage your stress to help your baby feel secure.

**TALK, SING, AND POINT**

Newborns learn language! Point as you talk to give your baby clues to what you are saying.

**COUNT, GROUP, AND COMPARE**

Even babies start to learn math and thinking skills. Your baby will learn by watching you.

**EXPLORE THROUGH MOVEMENT AND PLAY**

Babies learn by touching and exploring. Let your baby touch, bang and crawl to learn the way around.

**READ AND DISCUSS STORIES**

Reading is a great way to bond. Your baby will learn how books work and start to develop language.

The First 1,000 Days is partnering with the Boston Basics. Learn more about the Boston Basics at BostonBasics.org.
Goals for New Moms

- Weight loss: ______ pounds
- Breastfeeding: ______ months
- Regular doctor check-up scheduled
  - For mom: ___________________ (date)
  - For dad: ___________________ (date)
- Exercise: ______________________________ (type)
  ______________________________ (how often)
- Sleep: ________________________________
- Healthy drink choices: ____________________
- Healthy food choices: ____________________
- Other: ________________________________

Check out our short videos to learn more about taking care of your baby.

Vidscrip.com/First1000Days

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