

## SO YOU HAD THE BABY... NOW WHAT?

MOST KNOW TO EXPECT SLEEPLESS NIGHTS AND DIRTY DIAPERS...

# BUT

While you're taking care of your baby, **don't forget to take care of yourself.**

**READ ON TO LEARN WHAT TO PAY ATTENTION TO DURING THE WEEKS AND MONTHS FOLLOWING GIVING BIRTH AKA "THE FOURTH TRIMESTER"**

## RESOURCES

Mental Health Association of Nassau County  
**(516) 504-HELP**

Postpartum Resource Center of NY  
**(855) 631-0001**

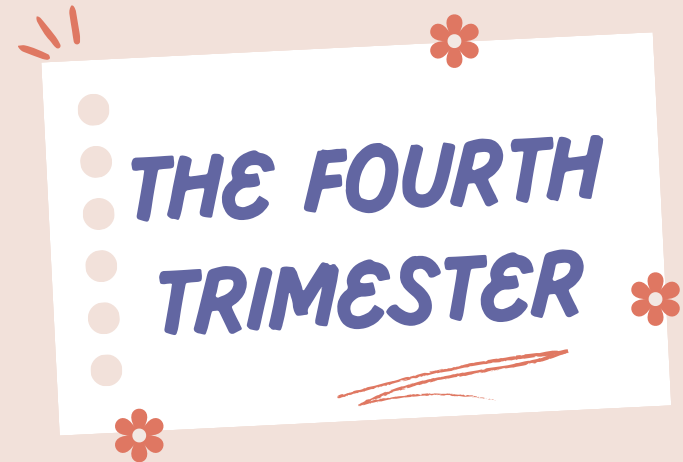
Nassau County Crisis Helpline  
**(516) 227-TALK**

Poison Control  
**(800) 222-1222**

Nassau County Department of Health WIC



**In case of emergency call 911**



## WHAT TO EXPECT AFTER EXPECTING



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE



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## TALK TO YOUR DOCTOR

If you are experiencing the following symptoms:

- Persistent headaches that won't go away
- Dizziness, fainting or weakness
- Fever or chills
- Swelling of your hands or face
- Thoughts of harming yourself or your baby or intense feelings of sadness
- Trouble breathing
- Chest pain or fast beating heart
- Severe nausea and throwing up
- Belly pain that does not go away or pain in your shoulder
- Vaginal bleeding or discharge after pregnancy
- Severe swelling, redness, or pain of your legs and/or arms
- Overwhelming tiredness
- Changes in vision
- Pale or clammy skin
- Confusion
- Sudden weight gain
- Pain and swelling near vagina or perineum



## BREASTFEEDING

Breastfeeding can be a challenge, and it is not for everyone. Don't be discouraged. Having a baby that is **fed** is best.

### COMMON CHALLENGES:

#### Latching

Getting your baby to "latch on" properly can take some practice for both you and your baby.

#### Soreness

A poor latch, engorgement, or harsh soaps/ointment can cause soreness of the breast and nipple.

#### Mastitis

Mastitis is a breast infection. Speak to your doctor if you experience a red, sore area on the breast and Flu-like symptoms.

## POST PARTUM DEPRESSION

The symptoms of postpartum depression (PPD) are similar to symptoms for depression, but may also include:

- Crying more often than usual
- Feelings of anger
- Withdrawing from loved ones
- Feeling numb or disconnected from your baby
- Worrying that you will hurt the baby
- Feeling guilty about not being a good mom or doubting your ability to care for the baby



## YOU ARE NOT ALONE!

Many women have PPD after having a baby. PPD is not your fault. It's a medical condition that needs treatment to get better. If you think you may have PPD, see your health care provider right away.