

TEMISKAMING HOSPITAL

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**QUESTIONNAIRE
 FOR POSTPARTUM PATIENTS**

Reg. No.

Enclosed are questions often asked by new mothers. Read each question and check those you would like discussed. If you have other questions, write them in the spaces provided. You might find that you want information on all the questions, or only a few – feel free to check as many as are important to you.

During your time in hospital, the Nurses will be able to discuss the answers with you. When you go home, your questions can be answered by your Public Health Nurse or your Doctor.

A. MY BODY – MY BREASTS

- 1. Why are my breasts tender?
- 2. Do I need to wear a bra?
- 3. Will my breasts return to their normal size and shape?

*OF SPECIAL INTEREST TO BREAST-FEEDING MOTHERS **

- 4. If my breasts feel uncomfortable, what should I do?
- 5. What special care should I give my breasts?
- 6. My nipples are flat. What should I do?
- 7. My nipples are sore. What should I do?
- 8. After my milk comes in, what should I do if I feel a lump in my breasts?
- 9. What should I do if I get a breast infection?

*OF SPECIAL INTEREST TO BOTTLE-FEEDING MOTHERS **

- 10. How do I get my breasts to stop producing milk?
 * *For more information – see the Breast Feeding Tape shows.*

A. MY BODY – MY PERINEAL AREA

- 11. I've had stitches. How do I care for them when I return home?
- 12. How do I keep my perineal area clean while I have vaginal bleeding, stitches and/or hemorrhoids?
- 13. How long will the vaginal bleeding continue?
- 14. I have hemorrhoids. What should I do to keep them under control?
- 15. I'm worried that my bowel movements will be painful. What can I do about them?
- 16. While my incision is healing, is it safer to take a shower or a bath?
- 17. How will the stitches affect intercourse with my husband? What can we do the first time to lessen discomfort?
- 18. How do I do perineal exercises (Kegals)?
- 19. When can I begin using tampons again?

A. MY BODY – DIET AND EXERCISE

- 20. I want to lose some weight. When can I start dieting?
- 21. I'm nursing my baby. Can I start dieting anyway?
- 22. What would be a good diet to follow?
- 23. What exercises should I begin with and when can I begin?
- 24. What exercises can I do to tighten and return my perineal area to it's original shape?
- 25. What exercises should I do for my abdominal area?

A. MY BODY - GENERAL

- 26. When can I lift things? Drive a car? Resume housework?
- 27. When can I return to work?
- 28. When will I begin menstruating again?
- 29. When can I get pregnant again? (ovulation)

A. MY BODY – CAESAREAN SECTION

- 30. I have had a Caesarean Section. (Ask for the Information Sheet for Caesarean Section Mothers).
- 31. When should I begin exercising? (Ask for the Caesarean Section Sheet).

B. MY BABY – FEEDING MY BABY*OF SPECIAL INTEREST TO BREAST-FEEDING MOTHERS **

- 1. How often and how much should I feed my baby?
- 2. How do I hold my baby while breast-feeding?
- 3. What is the let-down reflex? How will I know when it occurs?
- 4. Why do I feel my uterus contract when I am breast-feeding?
- 5. How do I burp my baby?
- 6. How do I express breast milk?
- 7. I'm worried about breast-feeding my first week at home. What can I do to ensure that my baby is getting enough milk?
- 8. I've heard that many women feel sexually stimulated while breast-feeding (that some even have orgasms). Is this true?
- 9. How long should I breast-feed my baby before weaning and how do I wean my baby?
- 10. I would like to breast-feed, but I'm planning on returning to work, can I do both? (An information sheet on freezing breast milk is available).

** For more information – see the Breast Feeding Tape shows.*

B. MY BABY – FEEDING MY BABY

- 11. Should I nurse in front of other people?

OF SPECIAL INTEREST TO BOTTLE-FEEDING MOTHERS

- 12. Are there some special techniques I should know about bottle feeding?
- 13. How often and how much should I feed my baby?
- 14. How do I prepare formula?
- 15. How do I hold my baby when bottle feeding?
- 16. How do I burp my baby?

B. MY BABY – BABY CARE

- 17. My baby has jaundice. Why? Is it serious? (Ask for Jaundice Information Sheet).
- 18. What is the best way to bathe my baby? (Ask for Baby Bath Information Sheet).
- 19. My baby has discharge from his/her eyes, what should I do?
- 20. What should I do to care for my baby's cord? (Ask for Cord Care Information Sheet).
- 21. I would like more information on circumcision. (Ask for Circumcision Information Sheet).
- 22. How often will my baby have a bowel movement?
- 23. My baby's stools seem to be changing colour. What should I expect them to look like?
- 24. When and how should I take my baby's temperature?
- 25. What should I look for to find out whether my baby is sick? What should I do?
- 26. My baby has a rash. What should I do about it?
- 27. When my baby cries, should I pick him/her up right away or wait awhile?
- 28. What do I do if my baby develops colic?
- 29. Is it alright to use a pacifier?
- 30. What should I know about putting my baby to bed?
- 31. How should I dress my baby?
- 32. What clothing is most comfortable and safest for the baby to wear?
- 33. When do I start using a car seat for my baby?
- 34. How do I childproof my house?

B. DEVELOPMENTAL CHARACTERISTICS

35. I'm concerned about:
- a) the shape of my baby's head
 - b) why my baby sneezes
 - c) why my baby hiccups
 - d) my baby's noisy breathing
 - e) why my baby "startles"
 - f) my baby's sucking reflex
 - g) my baby's swollen breasts
 - h) why my baby's eyes appear crossed

B. MY BABY – BABY CARE

36. I'm wondering how babies develop. When will my baby first:
- | | | |
|---------------------------------|--|--------------------------------------|
| <input type="checkbox"/> See? | <input type="checkbox"/> Hear? | <input type="checkbox"/> Have tears? |
| <input type="checkbox"/> Smile? | <input type="checkbox"/> Turn his/her head? | <input type="checkbox"/> Sit up? |
| <input type="checkbox"/> Crawl | <input type="checkbox"/> Get a permanent eye colour? | <input type="checkbox"/> Talk? |

C. ADJUSTMENTS TO PARENTHOOD - RELATIONSHIPS

- 1. How will our baby change my relationship with my husband?
- 2. I've heard that some husband's are jealous when they see their wives nursing. If my husband reacts this way, how can we deal with it?
- 3. What can I do if I become jealous of the time my husband spends with our baby?
- 4. What can I do if my husband is jealous of the time I spend with our baby?

C. ADJUSTMENTS TO PARENTHOOD – RELATIONSHIPS (continued)

- 5. How can I make the best of an over-involved mother/mother-in-law?
- 6. My friends and family have offered to help. What can I suggest they help me with? (Ask for Information Sheet Especially for Grandparents).

C. ADJUSTMENTS TO PARENTHOOD – SEXUALITY

7. During my pregnancy our sexual relationship changed. Some aspects I would like to discuss are:
- a) when can we resume sexual intercourse?
 - b) what other kinds of physical contact can my husband and I have?
 - c) ways to increase my physical comfort?
 - d) orgasms?
 - e) my husband's interest/response?
 - f) my interest/response?
 - g) frequency of sexual intercourse?

C. ADJUSTMENTS TO PARENTHOOD – DEPRESSION/FATIGUE

- 8. I hear that "postpartum blues" are common. How do I know if I have them? What can I do to feel better?

C. ADJUSTMENTS TO PARENTHOOD – WORK ISSUES

- 9. What arrangements should I make in preparation for returning to work?

D. ADJUSTMENTS TO SINGLE PARENTHOOD – RELATIONSHIPS

- 1. How do I get my family to accept my baby and me?
- 2. How can I make the best of an over-involved mother?
- 3. Will the baby change my relationship with my friends?
- 4. Will my boyfriend be jealous of the time I spend with my baby?
- 5. I've heard that some men are jealous when they see a woman breast-feeding. If my boyfriend reacts this way, how can we deal with it?
- 6. My friends and family have offered to help. What can I suggest they help me with?

D. ADJUSTMENTS TO SINGLE PARENTHOOD – SEXUALITY

7. I would like to discuss:
- a) when we can resume sexual intercourse?
 - b) what other types of physical contact can we have?
 - c) ways to increase my physical comfort?
 - d) orgasms?
 - e) my interest / response?
 - f) my boyfriend's interest / response?

D. ADJUSTMENTS TO SINGLE PARENTHOOD – DEPRESSION/FATIGUE

- 8. I hear that "postpartum blues" are common. How do I know if I have them? What can I do to feel better?

D. ADJUSTMENTS TO SINGLE PARENTHOOD – SPECIAL CONCERNS

- 9. Will the lack of a father in the home affect my baby?
- 10. Who can help me with other questions I may have?

E. MY CHILDREN AT HOME

- 1. I have _____ child(ren) at home. How can I best introduce the new baby to him/her/them? (ask for Colouring Book for your older child(ren)).
- 2. Children usually experience some jealousy. What signs do I look for and how can I deal with jealous behaviour?
- 3. I've heard that children sometimes start to act like babies when they get a new brother or sister. If this happens to my child(ren), what can I do?
- 4. I sometimes wonder:
 - a) about how to teach my children about sex and sexuality?
 - b) whether I'll have enough love and energy to go around.
- 5. I have a preschooler at home all day and I'm finding feeding my baby difficult.