

Dear client,

Hereby you receive a summary of the topics you may experience or encounter over the coming 6 weeks. Some of these were already discussed during the final maternity visit, but this written version is provided so you can easily review it if anything is unclear.

Concerning your own health

Postpartum bleeding

This may continue for up to 6 weeks after giving birth. The bleeding may turn brown in colour and then become bright red again. Some days it may be heavier, other days lighter. Sometimes the bleeding may stop for a few days and then return. If, after 5 weeks postpartum, you still have clearly bright red bleeding or pass clots, please contact us.

If you are still bleeding, we advise against swimming in public waters, although you may bathe in your own bath. If you have intercourse while still bleeding, we recommend using condoms.

Menstruation

It is not certain when your first period will return. Most women have their first period 6–8 weeks after giving birth, others after 10 weeks. Subsequent periods are usually similar to what you were used to before pregnancy, although your cycle may change.

If you are breastfeeding, some women have their first period after 6–8 weeks, others later or only after they stop breastfeeding. It is possible that you may not have any periods during the entire time you are breastfeeding.

If you are formula feeding, most women have their first period 6–8 weeks after giving birth, and at the latest within 3 months.

It is common for the first period to be heavier than before pregnancy, sometimes with small clots.

Fertility

Since it is unclear when your period will return - and ovulation occurs about 2 weeks before that - we recommend starting contraception in time. This also applies to the first time you have intercourse after giving birth.

Contraception

Given the many options and your personal specific requirements herein, please check the following site:

www.zanzu.nl

Here you can read what method may be suitable for you. This can then be discussed with and arranged by your doctor. For an IUD you can call our office from Monday to Thursday from 9:00 to 12:30 hours (040- 2511417).

If you had a caesarean section, it is advised not to become pregnant during the first six months after delivery.

If you have any questions or would like a more in-depth discussion about contraception, you are very welcome to schedule a contraception consultation at our practice. You can contact the assistant to make an appointment.

Pelvic floor

During pregnancy, your pelvic floor has become more relaxed. By doing pelvic floor exercises, you can strengthen these muscles again. If you experience symptoms such as difficulty holding urine or stool, or pain, we advise you to make a follow-up appointment with us.

Breastfeeding

Your milk production is now well established and (usually) sufficient to feed your baby. It is normal for supply to fluctuate. Especially toward the end of the day or early evening, your baby may want to feed more often—this is called cluster feeding. Your baby is essentially building up a reserve to sleep longer afterward. This is very normal, so don’t worry and follow your baby’s cues.

A useful website with information about breastfeeding is:

www.borstvoeding.com

In addition, Eindhoven has a Breastfeeding Café. You can visit every Wednesday morning from 10:00 to 12:00 if you have questions (a lactation consultant is always present) or if you would like to meet other mothers.

Around this time, your baby usually drinks 90–100 ml per feeding. This may increase to 120 ml in the coming days. If your baby is still not satisfied, consult the child health clinic nurse.

Vitamin D

If you are breastfeeding, it is recommended to take vitamin D supplements, even if you spend 30 minutes outside daily. You can choose vitamin D tablets or a multivitamin.

Growth spurts 'Regeldagen'

It is very common to experience "regeldagen" (growth spurts). During these days, milk supply may temporarily seem lower because it adjusts to your baby's needs. Your baby may feed more often and seem unsatisfied. Don't worry—feed more frequently and offer the first breast again after the second to stimulate production.

These periods usually last about 24 hours and typically occur around:

- Day 10-11 after birth
- Week 3 and week 6
- Month 3 and month 6

The one around month 3 can be challenging, especially if you return to work. Keep feeding, and if needed, give one bottle of expressed milk or formula.

Amount of formula or breast milk per bottle

Around this time, your baby usually drinks 90–100 ml per feeding. This may increase to 120 ml in the coming days. If your baby is still not satisfied, consult the child health clinic nurse (Consultatiebureau/GGD).

Going outside

After spending your maternity week indoors, you may feel eager to go for a walk. We encourage this, but be aware that your first outing may feel physically challenging. Don't go alone the first time and keep it short. Gradually increase distance and duration.

Postpartum check-up

The postpartum check-up takes place about 6 weeks after delivery. It is not mandatory, but we recommend attending, especially if you have physical or emotional concerns. You are also welcome to use this appointment to close this phase together with us.

Hospital follow-up

If you gave birth in the hospital for medical reasons, you may have a follow-up appointment there. This is important to assess recovery and discuss any implications for future pregnancies.

Concerning your baby

Vitamines

From day 8 after birth, give your baby vitamin D daily (both breastfeeding and formula feeding), at least until age 4.

If you are breastfeeding, also give vitamin K during the first 3 months.
Check the packaging for the correct dosage.

If you are unsure whether you gave the vitamins on a certain day, skip that day and continue the next—better to miss one day than give a double dose.

Umbilical stump

The umbilical stump usually falls off between day 7 and 14. Sometimes earlier. After it falls off, no special care is needed. It may bleed slightly for a few days—this is normal if the stain is smaller than a €1 coin. If larger, contact us.

Wet diapers

Your baby should have at least 5 wet diapers per day, often more.

Stool (Poop)

Breastfeeding
Stool varies in colour depending on your diet. If your baby has very little green stool and seems very unsettled, this may indicate insufficient intake - contact the consultatiebureau/GGD.

Formula feeding
At least one bowel movement per day is normal. Skipping a day is okay. If your baby struggles to pass stool, contact the consultatiebureau/GGD.

Consultatiebureau / GGD

A nurse of the GGD will contact you – by e-mail - to schedule a home visit or intake between day 9 and 14 after birth. The clinic will take over care, monitoring growth, development, and vaccinations.

Going outside with your baby

Once your baby has (almost) reached birth weight—usually around day 8–10—you can go outside. Dress your baby in one more layer than yourself.

Health insurance

You must register your baby with a health insurance provider within 4 months of birth. Coverage applies retroactively. If you register late, you may have to pay medical costs yourself.

Future pregnancy

You may not be thinking about it yet, but if you plan another pregnancy, start taking folic acid at least one month before trying to conceive.

There is no safe time to consume alcohol during pregnancy, even in the early weeks. Therefore, it is safest to avoid alcohol when trying to conceive.