



**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

# Healthy Living: Pregnancy & Beyond Class 3: Labor, Birth & Caring for Your Baby

Taught by the Harris Health Employee  
Wellness Team

**HARRISHEALTH SYSTEM**

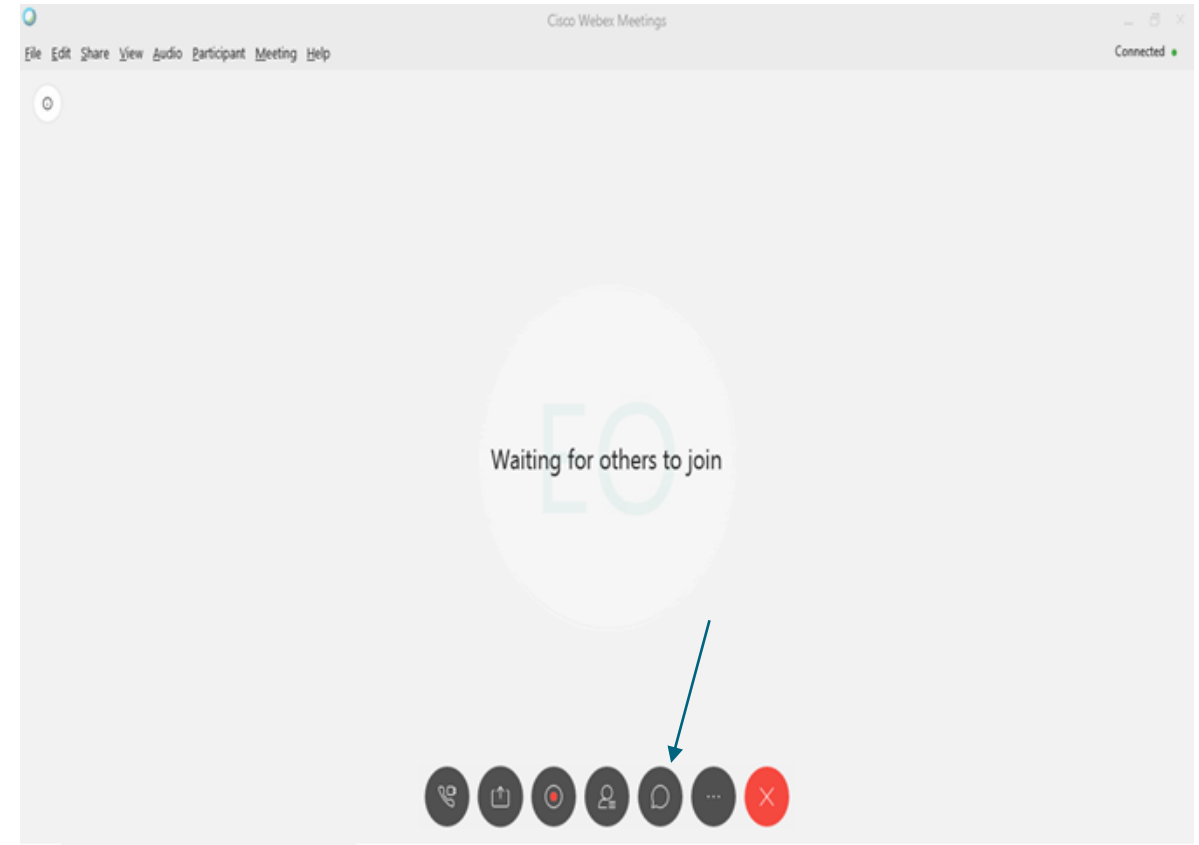
# Healthy Living: Pregnancy & Beyond Class Series

- Class 1 – Preparing for Pregnancy
- Class 2 – Healthy Eating, Exercise & Stress Management
- Class 3 – Labor, Birth & Caring for Your Baby
- Class 4 – Working Moms

# Announcements & Reminders

**Questions** – Type questions, thoughts, examples, in the chat box. The more interaction the better!

**Premium Points** - You can only receive credit for one Wellness Class and one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for classes/workshops you have already completed.



# Class Outline: Labor, Birth & Caring for Your Baby

- Class 2 Review
- What to Expect
- Preterm Labor and Premature Birth
- Importance of Postpartum Care
  - Baby Blues vs. Postpartum Depression
- Caring for Your Baby
- Self-Care
- Takeaways
- Resources

# Review of Class 2: Healthy Eating, Exercise & Stress Management



# What To Expect

## Physical & Emotional Changes

- Increased appetite
- Weight gain
- Swelling of feet and ankles
- Fatigue or tiredness
- Shortness of breath
- Spreading of hips
- Back pain
- Mood swings
- Food cravings



# Preterm Labor & Premature Birth

## Signs of Preterm Labor

- Change in vaginal discharge
- Pressure in pelvic or lower belly area
- Low, dull backaches
- Belly cramps with or without diarrhea
- Frequent contractions that make your belly tighten like a fist (may or may not be painful)
- Your water breaks

**\*\*\*If you experience any of these symptoms, call your medical provider immediately.\*\*\***

## Risk Factors

- Previously having had a premature baby
- Being pregnant with multiples (twins, triplets, etc.,)
- Having problems with your uterus or cervix
- Being under or overweight
- High blood pressure
- Preeclampsia
- Infections
- Getting pregnant too soon after having a baby (experts recommend that you wait at least 18 months after giving birth before getting pregnant again)

# Importance of Postpartum Care

## Baby Blues

- Doesn't require a medical diagnosis/treatment
- Appears 2-3 days after giving birth
- 4 out of 5 women
- Characterized by:
  - Feelings of sadness and crying often
  - Moodiness
  - Trouble making decisions, eating and sleeping
  - Feeling overwhelmed
  - Feeling like you're not going to be a good enough mother to your baby

## Postpartum Depression

- Requires medical diagnosis/treatment
- Appears 1-3 weeks after giving birth
- 1 out of 7 women
- Characterized by 5 or more of the following, lasting longer than 2 weeks:
  - Feelings of anxiety or worry and sadness or depressed most of the day
  - Trouble sleeping or sleeping too much
  - Weight gain or weight loss
  - Changes in eating habits
  - Feeling tired often
  - Trouble bonding with your baby
  - Thoughts of suicide and hurting your baby

**\*\*\*If you are experiencing feelings of hurting yourself or your baby, call 911 immediately.\*\*\***



# Importance of Postpartum Care

## Postpartum Hemorrhage



# Caring for Your Baby



# Caring for Your Baby

## To prevent SUIDS/SIDS:

1. Place your baby on their back for naps and at nighttime.
2. Use a flat surface in a safety approved crib.
3. Keep your baby's sleep area in the same area where you sleep (i.e. crib or bassinet).
4. Keep blankets, pillows, bumper pads and soft toys out of the sleep area.
5. Do not cover your baby's head or allow them to get too hot (signs include sweating or chest feeling hot).

## To prevent Shaken Baby Syndrome:

- Recognize when you are getting frustrated and are in need of a break. Reach out to your partner, family or a loved one you trust to assist you whenever you are feeling overwhelmed.

**•\*\*\*If you're experiencing feelings of hurting yourself or your baby, call 911 immediately\*\*\***

# Self-Care

- Make sure to attend postpartum checkups
- Avoid alcohol consumption, using street drugs and abusing prescription medicines
- Reach out for help
- Practice wellness
  - Eat healthy. Avoid certain foods like caffeine, alcohol, fish/seafood and foods that are high in fats, sugars and salts
  - Get enough sleep!
  - Exercise (consult with doctor about frequency and duration)
  - Pray or meditate
  - Engage in relaxing activities
  - Practice mindfulness

# Takeaways

1. How will you use this information going forward?
2. Is there any information you disagree with?
3. What do you want to learn more about?

# Resources

- **Cigna Healthy Pregnancies, Healthy Babies™ Program**  
Call 1-800-615-2906 to enroll
- **Lactation Rooms**  
Contact Employee Wellness by phone at 346-426-1597 or by email at [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org) for room locations and access code.
- **Leave of Absence**  
If FMLA Eligible: Contact Benefits at 1-877-462-3652  
If not FMLA eligible or unsure: Contact Employee Services at 713-566-6991
- **Cigna Short Term Disability**  
Call 1-800-362-4462 (English) or 1-866-562-8421 (Spanish)
- **Kelsey-Seybold.com/Baby**
- **Kelsey-Seybold.com/MyPregnancy**
- **EAP**  
Company Code: hhs  
Phone: 1-800-638-3327  
Website: [www.feieap.com](http://www.feieap.com)
- **Prenatal Exercises:**
  - YouTube
  - FitBit
- **Nutrition and Sleep Resources:**
  - [Whattoexpect.com](http://Whattoexpect.com)
  - [ACOG.com](http://ACOG.com)
- **Health Coaching**  
Telephonic: 855-246-1873  
Onsite: Contact Latecia Murphy  
Office: 713-873-6407  
Email: [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)
- **Healthy@Harris Employee Wellness Program**  
Phone: 346-426-1597  
Email: [Employeewellness@harrishealth.org](mailto:Employeewellness@harrishealth.org)  
[Visit our internet site!](#)

Contact Us!

# HEALTHY@HARRIS

Caring for ourselves so we can care for others

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[Visit our website!](http://employeehealth.harrishealth.org)



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