



MotherLover

when to call or text after birth

 I love hearing from you. If you ever want to talk, please call or text. However, here are all the times I ask you to please reach out after baby's here. 

- **You're not feeling physically well.** Of course birth is no walk in the park; there will be soreness, there will be bleeding, you'll be feeling pretty exhausted but I want to know if you're experiencing any of those things *or others*. Fever, lethargy, fainting, zero appetite, pain while peeing, totally unable to sit on your bottom, big blood clots, hot/red breasts -- whatever physical symptom you're getting that shows you're not well is a *great* reason to reach out to me.
- **In the first 72 hours of baby's life, they're difficult to wake and/or going a long time between feeds.** Families know that these are signs that baby's usually not getting enough to drink, but sometimes aren't sure how to tackle it. Do we still swaddle? How long is too long? How long is a good feed? What's the best way to wake up baby? Shoot me a message and let's chat it out; I also won't hesitate to tell you whether or not I think you need to see a care provider ASAP.
- **Poop.** All the poop, all the time. Whether you want to talk about your first poop after giving birth or baby's first poops, I'm here. You might also want to talk about the lack of poop on your end (hello constipation!) or baby's lack of poop (remember breastfed babies can go *daaaays* without pooping), or you might want to send me some baby poop photos to double check that the colour and consistency looks healthy; I'm your girl! Just send me a warning that a poop pic is on it's way please.
- **Baby won't stop crying.** It happens, and I promise you won't be the first family. This usually happens after families believe they 'should' have the hang of this whole baby thing which makes it even more frustrating/embarrassing/rattling/puzzling. Babies will cry the most between weeks 6 and 8 and it's often unexpected and quite resistant to soothing -- give me a call. I'll help calm you down (since sometimes that's half the hard part) so you can continue being the super-parent you are.
- **You can't stop crying or you *can't* cry.** Again, it happens, and you won't be the first (nor the last!). Happy tears, sad tears, no tears -- all healthy, common, normal but I like to know so that I can check in with you often and make sure you know that you're supported and loved. Both crying and not crying aren't indicative of postpartum mood disorders but I can be other checkpoint to help catch any thought or feeling patterns that might benefit from some extra professional support.
- **You want to rant.** In-laws can be tough, siblings can be savage and the general population can make you want to scream; just call me.
- **You want to hang out.** I don't schedule the postpartum visits like I do the prenats, so you need to know when you'd like me to come over and give you a hand. That being said, even if you don't want to use a pp visit and just want to hang out, still call or text me so we can go for a walk or eat ice cream or just chat like gfs.