

Länsi-Uudenmaan hyvinvointialue  
Västra Nylands välfärdsområde

# WELCOME TO PARENTING CLASS



# Today's topics

- Life with a newborn
- Postpartum
- Breastfeeding
- Cameras and microphones are not in use
- You can use the Q&A box to ask questions

Breastfeeding

Hygiene

Going out with  
the baby

## BASIC CARE OF A BABY

Sleep

Early interaction

- Videos about basic care of a baby:  
<https://www.terveyskyla.fi/nais-talo/synnytyksen-j%C3%A4lkeen/vastasyntynyt/vastasyntyneen-perushoito>

# Hygiene



- Changing the diaper
  - On demand
  - Washing after a poop with water, no soap is needed.
- Skin and navel care
  - Clean and dry carefully daily around baby's neck, armpits and other skin folds
  - Clean baby's eyes on demand
  - Clean and dry the navel one or more times a day until the navel has healed and dried.
  - In the early days babies have normally a dry, flaky skin. It does not need creams etc.
- Bathing
  - 1-7 times a week, water temp. 37C.
  - No soap or shampoo, just water (+ baby oil if needed.)
- Cutting nails
  - From the age of two weeks

# Sleep



- Place the baby to sleep on his/her back when not being held.
- The safest place for baby to sleep at night is in his/her own bed, in the same room with parents.
  - For safe co-sleeping you can ask instructions from neuvola
- In the bed: a firm mattress, no pillows, no blankets, no extra toys etc.
- Use clothing to keep the baby warm enough. A sleeping bag can be used too.
- Regular bedtime routines help to create a stable rhythm.
  - Dim lights
  - Quiet care in the night

# Going out with the baby

- Spring/ summer babies can go outside rapidly when the mother is ready.
  - Protect from direct sunlight, heat and bugs.
- Autumn/ winter babies should wait to be 2 weeks old and weight at least 3kg before going outdoors.
  - Not recommended in the frost  $-10^{\circ}\text{C}$  or colder.
  - You can still go to neuvola or buy food etc.
- Baby's temperature can be the best felt on his/ her neck. Is the baby sweaty? Or feeling cold?



# Early interaction

- The baby is born with an ability to start communicating with the parents
  - *Vision, face expressions, smiling, hearing, the reflex for sucking...*
- Baby's cry
- The baby wants to have company
  - The communication between a baby and the parents is important also for the baby's later psychological development
- To learn a language, the baby needs enough of exposure to that language; singing, playing, reading from the start
- Strong mother tongue is related to how easily the child learns second languages
- [Video: Pieni lapsi ei tarvitse ruutuaikaa](#)



## LIFE WITH A BABY



Most people feel that the time with small children is the time when they need support the most

- Support from your spouse is vital, both ways!
- Ask help from friends and family
- If your social support network is slim you can always ask for help in *neuvola*



# Breastfeeding

# WHY SHOULD I BREASTFEED?

WHO recommends exclusive breastfeeding for the child's first six months, and thereafter breastfeeding with complementary foods up to the age of two years or beyond.

- Breastfeeding can help you bond with your baby
- The baby feels secure and content close to the mother
- Breast milk has the right amount of nutrients for baby's growth and development (only vit. D needed in addition), and it is readily available
- It contains antibodies that help protect infants from bacteria and viruses
  
- It makes recovering from the labour easier
- Decreases the risk of the mother getting type 2 diabetes and some cancers
- Decreases the risk of the baby getting diabetes, allergies or getting overweight



# BREASTFEEDING POSITIONS

- [Imetysasennot – Imetyksen tuki ry](#)





## Skin-to-skin contact

- Calms and relaxes whole family: parents and baby
- Parents learn to understand the baby's messages
- Regulates the baby's heart rate and breathing, helping them to better adapt to life outside the womb, helps holding blood sugars well, regulates temperature
- Baby remembers to eat often enough
- Stimulates the release of hormones to support breastfeeding, helps breastfeeding to start
- Baby gets good microbes from the parent's skin
- Makes it easier to recover from childbirth

# BREASTFEEDING

- During the first days the baby will stay on the breast a lot (10-15 times during a day)
  - The amount of milk increases in couple of days
  - Breastfeeding on demand
- The amount of the milk can be increased by *irritation on the nipple, a good latch-on, skin contact, a warm shower, thinking of the baby and hearing the baby crying, emptying the breast, breastfeeding during the night*
- <https://imetys.fi/wp/wp-content/uploads/2019/09/Sujuvan-imetyksen-merkkej%C3%A4-EN.pdf>
- <https://kellymom.com/hot-topics/newborn-nursing/>

# BOTTLE FEEDING



- Sometimes needed
- Each family decides the way to feed their baby
- Can be exclusive bottle feeding or partially with breastfeeding
  - Formula / pumped breastmilk
- [https://imetys.fi/wp/wp-content/uploads/2021/04/vauvantahinen\\_pulloruokinta-ENGLANTI-NETTI\\_03.pdf](https://imetys.fi/wp/wp-content/uploads/2021/04/vauvantahinen_pulloruokinta-ENGLANTI-NETTI_03.pdf)

## ENOUGH MILK?

- Breastfeeding on demand, at least 8 times a day (24h)
- The baby is satisfied after eating
- From the age of four days, baby will wet at least 5 nappies + 1 poo / 24-hour period.
  
- Gains weight (after first days)
  - Most babies lose weight during the first days
  
- <https://imetys.fi/wp/wp-content/uploads/2021/03/Saako-vauva-tarpeeksi-maitoa-ENG-netti-saavutettava.pdf>

# POSSIBLE DIFFICULTIES WHEN BREASTFEEDING

- Finding a good position for breastfeeding and getting the baby to latch on properly
- Low nipples
- Engorged breasts
- Sore nipples and small cuts in the nipples
- Problems with lactation (too little or too much)
- Mastitis and blocked milk duct
- Fussy baby
- Parent's lack of rest
  
- <https://imetys.fi/wp/wp-content/uploads/2021/03/Aidin-lahipiiri-ENG-netti-saavutettava.pdf>
- <https://imetys.fi/wp/wp-content/uploads/2021/03/Rintaraivarit-ENG-netti-saavutettava.pdf>
- <https://imetys.fi/wp/wp-content/uploads/2021/03/Rintakumista-vieroittaminen-ENG-netti-saavutettava.pdf>

HELP IS AVAILABLE, JUST ASK!

# Expressing the breasts during pregnancy

- Breasts begin producing milk usually 2–4 days after the baby is born. The sooner and more frequently the breasts are stimulated after the delivery, the faster breasts will begin to produce and the larger the amount of milk will be.
- By practising breast expression already during the pregnancy will help the mother to familiarize themselves with hand expression. Practising will also make it easier to continue hand expression while breastfeeding to increase milk supply during the first few days of the baby's life.
- Hand expression can begin in gestational week 36. You can practice expressing milk by hand 2 to 3 times a day 5 to 10 minutes at a time.
- You can watch an instructional video about hand expression online at <https://www.terveyskyla.fi/naistalo/raskaus-ja-synnytys/imetys> (in Finnish)

## AT HOME AFTER DELIVERY

- Contact neuvola latest when coming home to book health visitor's house call/first neuvola appointment
- It can take between 5-12 weeks for the mother to recover physically from labour and about a year to recover from pregnancy and labour in total
  - Bleeding after delivery
- There will be a doctor's/nurse's check-up in neuvola about 8 weeks after the delivery
- Mothers need plenty of rest to recover and focus on feeding the baby – *the other parent's help is essential*
- Both parents are learning to take care of the baby
- Both parents may feel emotional and more sensitive (baby blues)
  - Recognition of possible postnatal depression is important



# Pelvic floor muscles after giving birth

- Fit pelvic floor muscles will help you to hold back urine in the bladder when standing up, sneezing, coughing, jumping or running. Fit muscles also prevent the womb from descending (prolapse) and makes vaginal sex more enjoyable.
- We recommend doing exercises regularly during the pregnancy and after giving birth
- For life-long benefits remember this: LITTLE – OFTEN – FOREVER

# Weekly physical activity recommendation after delivery

- Recovering from delivery is different for each individual – you can start light physical activity as soon as you feel ready to do so.
- Listen to your body and gradually increase the amount and intensity of physical activity.
- Choose activities that you find safe and familiar, e.g. workout sessions with your baby or pram walking.
- In the beginning, avoid physical activities that include intense jumps or rapid changes of direction, because your ligaments might have loosened due to hormonal changes.
- You may return to running 3 months after delivery at the earliest. Before graded return you should not have any symptoms of pelvic floor weakness in everyday activities or running attempts.
- Physical activity of moderate intensity does not affect the quantity or quality of breast milk, the ability to breastfeed or the baby's growth (remember to drink water!)
- The best time for breastfeeding is before physical activity – the breasts become lighter and physical activity is more comfortable.

More information here: [Weekly Physical Activity Recommendation after Delivery - UKK Institute](#)

# Contraception after giving birth

- Pregnancy, childbirth and breastfeeding affect a woman's hormonal balance and reduce her fertility.
- New pregnancy is possible even if your periods have not started yet. Breastfeeding alone or interrupted intercourse are not a reliable methods of contraception and, therefore, additional contraception is recommended.
- Condom / hormonal methods / IUD
- Using contraception is safe !

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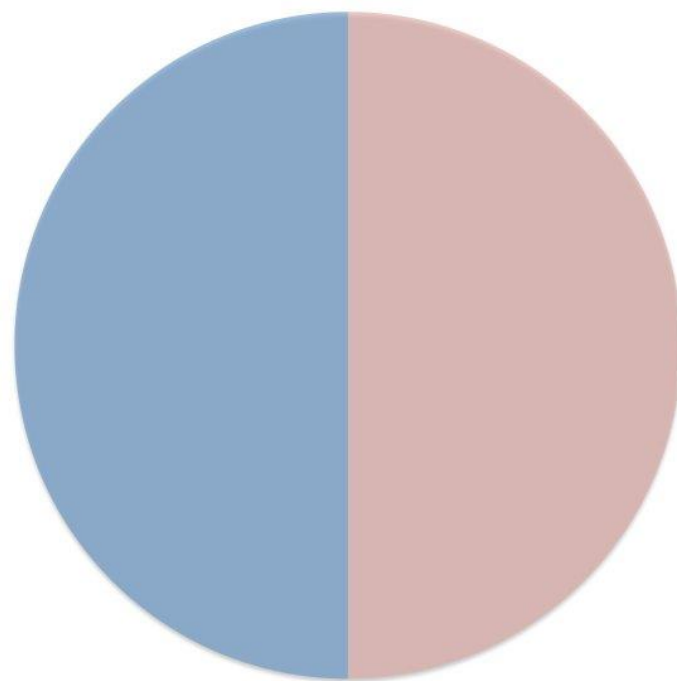
**THANK YOU!**





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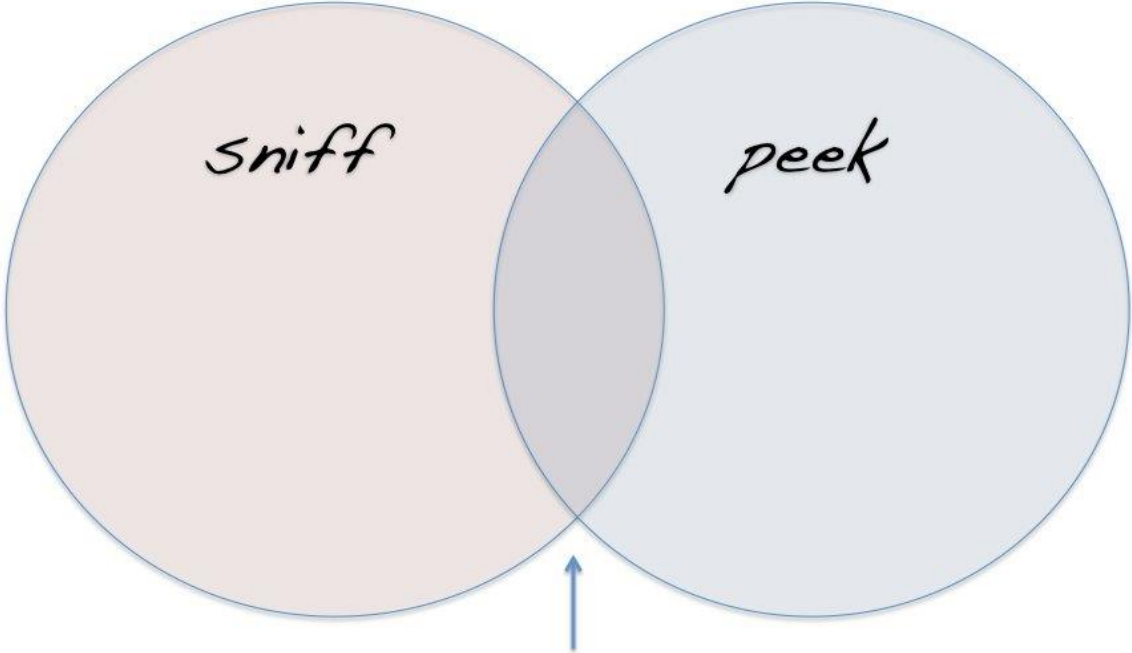
# WHAT A SIX-MONTH-OLD THINKS ABOUT ALL DAY



■ How can I  
get that in  
my mouth?

■ That should  
be in my  
mouth.

Mammalingo



*Despite advances in science,  
the only way to check a dirty diaper.*

# 5 Highly Scientific Facts about Babies

The Huffington Post by Jessica Samakow 27.6.2014

Mammalingo

*WILL YOUR BABY  
EAT IT?*

*Is he supposed to eat it?*



*No.*



*Yes. He'll eat it.*

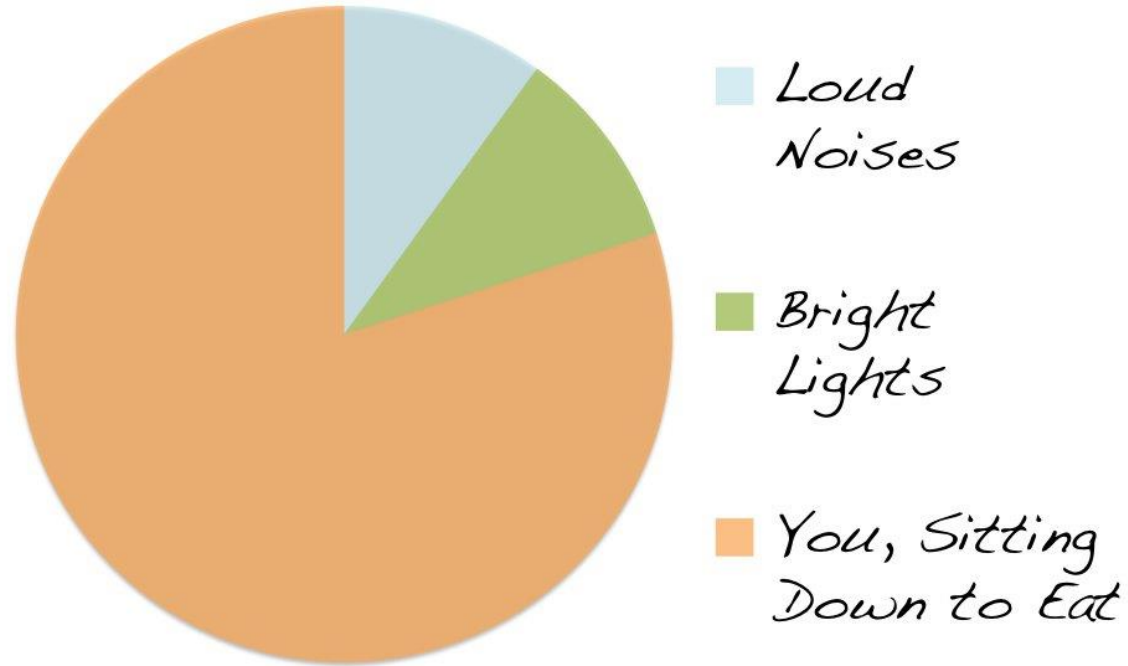


*Yes.*

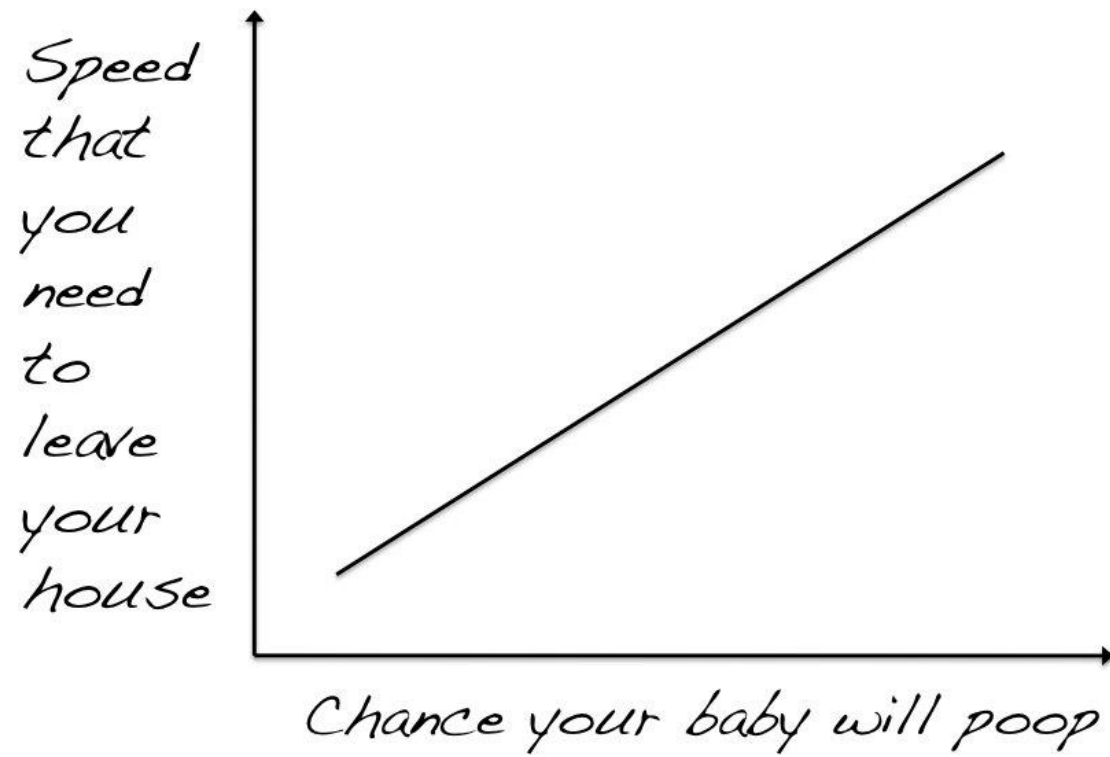


*No. He won't eat it.*

# WHAT WAKES A SLEEPING BABY



Mammalingo



Mammalingo

# USEFUL WEBSITES

- A booklet about having a baby in Finland

[We´re having a baby -A guidebook for expecting and looking after a baby \(julkari.fi\)](#)

- Breastfeeding peer support in English

<https://imetys.fi/in-english/>

<https://imetys.fi/printable-materials/>

- Information about breastfeeding in English

<https://kellymom.com/category/bf/>

- A webpage about Outpatient clinic appointments during pregnancy

<https://www.hus.fi/en/treatments-and-examinations/outpatient-clinic-appointments-during-pregnancy>

- A webpage about labour and newborn

<https://www.hus.fi/en/treatments-and-examinations/labor>

- Physiotherapy for pregnant women

[Family coaching in physiotherapy for pregnant people – YouTube](#)

- Physiotherapy for those who have given birth

[Family coaching in physiotherapy for those who have given birth - YouTube](#)

- HUS – Videos about breastfeeding (in finnish)  
<https://www.terveyskyla.fi/naistalo/naistalon-vidoot/imetys-vidoot>
- A virtual tour of the maternity hospital  
<https://www.hus.fi/en/treatments-and-examinations/choice-maternity-hospital-and-orientation-visits>
- Duo –project for families with two cultural backgrounds  
<https://www.familiary.fi/en.html>
- Väestöliitto - information about subjects concerning families  
[http://www.vaestoliitto.fi/in\\_english/](http://www.vaestoliitto.fi/in_english/)
- Mannerheim League for Child Welfare - advice for parenting issues  
<http://www.mll.fi/en/>
- Finnish Multiple Births Association  
[Finnish Multiple Births Association - Suomen Monikkoperheet ry](http://www.monikkoperheet.fi/)
- Kela – family benefits  
<http://www.kela.fi/web/en/families>

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or use this QR code



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