

THE EARLY DAYS

Postpartum Guide

POWER IN THE PALM OF YOUR HAND



Moana  Care
An Ocean of Help

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Our STORY



Moana Care was started by Jade Moana, a Registered Nurse specialising in Neonatal and Postpartum Care. After years of helping women in the public system and seeing how fast they were sent home to figure it all out themselves, Jade saw a need for caring, comprehensive postpartum care and lactation. Along with the experience to care for babies with complex medical needs, Jade can support you and your newborn from conception through childhood.

Our VISION

To be exactly as we are - An Ocean of Help. From a quick phone call in the depths of the night, to a full care package, to in home respite care, to a community of likeminded Moana Mama's. Moana Care aspires to be an all encompassing care service in the near future - with cleaning, cooking, allied health services and all under the one group.

With a love for helping women feel confident and skilled in their mothering, at a stage in our lives where we may often 'wing it', receive outdated or unwelcome advice, or wish for more support in our journey. Moana Care can set you up for success, support you in your fragile days postpartum. This booklet is a starting point to knowing 'what's the go' in the first few days and weeks postpartum.

Knowing what to do in a time of crisis, is a valuable tool

KNOWLEDGE is Power

The phrase "knowledge is power" holds especially true when it comes to caring for a newborn. Being educated by a postpartum nurse provides new parents with essential skills and confidence to navigate the early days of parenthood. Skip the overwhelm and be informed.

Here are the key benefits:

1. Confidence & Reduced Anxiety

New parents often feel overwhelmed, but knowledge from a postpartum nurse helps them feel prepared. Understanding newborn care reduces fear and builds confidence in handling everyday challenges.

2. Proper Feeding Techniques

- **Breastfeeding Support:** Nurses teach proper latch techniques, feeding positions, and how to recognize if the baby is getting enough milk.
- **Formula Feeding Guidance:** If formula feeding, they educate on safe preparation, storage, and feeding schedules.

3. Safe Sleep Practices

- Teaching parents about safe sleep environments (e.g., back sleeping, firm mattress, no loose bedding) reduces the risk of Sudden Infant Death Syndrome (SIDS).
- Helping establish a healthy sleep routine.

4. Diapering & Hygiene

- Proper diapering techniques to prevent rashes and infections.
- Bathing guidance to keep the baby clean without causing irritation.
- Umbilical cord care to prevent infection.

The benefits of being fully informed and supported in your postpartum journey, are immeasurable.

5. Recognising Normal vs. Concerning Signs

- Understanding what's normal (e.g., newborn skin changes, stool color variations, pooping habits).
- Learning warning signs that require medical attention, like fever, dehydration, or trouble breathing.

6. Bonding & Soothing Techniques

- Teaching parents how to read their baby's cues and cries.
- Swaddling, skin-to-skin contact, and other calming techniques.

7. Maternal Health & Recovery

- Educating new mothers on postpartum healing, self-care, and warning signs of postpartum depression.
- Teaching partners how to support the mother's recovery.

8. Emergency Preparedness

- Knowing what to do in case of choking or breathing difficulties.
- Basic infant CPR and first aid.

9. Establishing Healthy Routines

- Understanding feeding and sleeping patterns.
- Developing a structured yet flexible daily routine.

10. Long-Term Benefits

- Parents who are well-educated from the start tend to raise healthier, happier children.
- Confidence in newborn care leads to better bonding, reduced stress, and a smoother transition into parenthood.

In short, knowledge from a postpartum nurse empowers parents to provide safe, loving, and informed care, ensuring the best start for their newborn.

The FIRST FEW DAYS

Coming home from hospital, you may feel 'what now'.

The feelings. Hospital discharges are usually on day 3 or 4, or thereafter if you have had a longer stay. Often on day 3, women can feel sad, crying for no reason, a burst of hormones - 'the baby blues'. This is due to a rush of hormones after birth. It is normal and okay to feel sensitive, moody, exhausted and overwhelmed for the first few days to weeks. If this continues past 2 weeks, or you or your partner are concerned, see a GP or emergency department ASAP.



Feeding Time

Breastfeeding or bottle feeding, this may be all new to you. All you need to remember is - trust your body, trust your baby, what comes out will come in - ensure to empty your breasts well. If baby is not emptying your breasts well, seek help, and express. You can tell your baby is getting enough milk by their wet nappies; you would like to see a wet nappy at each feed, on average 5+ wet nappies a day, and a poop daily, however some breastfed babies may take 5 days to poop, once feeding is established. Well fed babies will also be meeting their growth requirements at each weigh in with your doctor or nurse.



Poops

Your baby's poops will go through extraordinary changes within the first week. From sticky, tar like meconium, to green seeds, to yellow mustard seed peanut butter. All normal. If you see blood or mucous - see your GP.

*Trust your mother's
instinct, and always
ask for help if
unsure.*

As the WEEKS GO BY

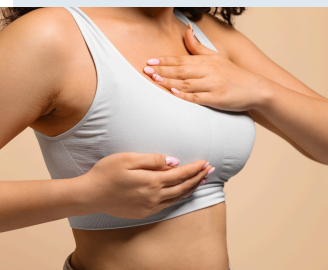
Hormones

You may find yourself feeling hot and flushed at times, or even cold and shakey. You may wake in a hot sweat, or in a chill. This is your body removing the remaining pregnancy hormones, however, if you feel such things for more than a brief period of time, for example, you wake up and continue feeling cold, or too hot, see your GP or urgent care as soon as possible - you could have an infection, or be ill.



Breast Safety

If you are breastfeeding, you will notice your breasts will feel full when baby has not fed for a few hours. If feed times extend past 4 hours or more, you may feel sore, full, firm, and potentially leak breastmilk. It is encouraged to feed baby on demand, however also look after yourself - if baby is asleep and you begin to feel uncomfortably full, either feed baby or hand express until you feel comfortable. Do not use a breast pump as this will overstimulate supply and potentially create an over supply. Only wear wirefree bras. Place cold ice packs in your feeding bra after feeds for 20 minutes when feeling engorged.



Feeding Frequency

At times your baby will want to feed more than usual. They will do this due to going through a growth spurt - they will feed frequently to bring in more milk. They may also be thirsty during hot weather, or trying to prevent or beat an illness, and obtaining their antibodies from your breastmilk.

*You are all your
baby needs*

Your Self Care REMINDERS



1 Hydration

In the process of healing, and for those breastfeeding, it is imperative to stay well hydrated. Without adequate hydration, you will feel depleted and lack energy. It is not enough to wait to be thirsty- this is too far, and your body is dry. The recommended amount of fluid in a day is 3.5L and more.

TIP - Drink a big glass of water every time you breastfeed. it may be easier to have a straw or sip bottle to hand at all times. Breastfeeding DOES make you more thirsty!



2 Nourishing food

The postpartum mother requires lots of protein to aid in healing, and keep you feeling full and nourished. Warm, soft, iron rich foods are optimal to eat in the first few days, working towards wholesome family foods.

Ensure to have a high fibre diet to allow soft, easy bowel movements.

Steer clear of coffee if you can, and aim for naps to revive your energy. Caffeine can pass through breastmilk to your baby and cause them to show colicky symptoms - if you must, drink your coffee after a feed.



3 Delicious snacks

There is little evidence to suggest that lactation cookies can in effect, assist with milk supply and production, however, we know that happiness = oxytocin. Along with eating delicious, nourishing cookies while having a rest and taking a minute for ourselves - or - cookie in hand whilst starving and feeding your hungry baby - these scrumptious cookies can help in both situations. The secret ingredients behind lactation cookies are called 'galactagogues'. These galactagogue ingredients increase the body's prolactin levels, which is a hormone involved in milk production.



Feed on demand

The more milk that comes out, the more milk will come in! Keep offering your breast to baby as frequently as you can, and once well fed, a firm wrap, and back to bed - and off you go to wash your hair and make a cuppa!

It is not uncommon for breastfed babies to feed 2 -3 hourly, however as your milk supply increases you may find bub sleeping a little longer.



Second dessert bubba?

If you are finding that your baby is still hungry after feeds, and you have tried settling them, but they are still showing feeding cues, you may need to also express your milk and build up your milk supply with a breastpump. The best pumps for increasing your supply, are hospital grade pumps. Steer away from 'wearable' pumps and focus on your supply; massage, compression and happy thoughts during epressing sessions.



Sleep easy

As the weeks go by, your milk supply has established, baby has met their birth weight and continues to grow well and gain weight. You may find baby sleeps a bit longer at times now, and that's ok. Babies grow during their sleep, and when well fed most of the day, can sustain the odd 5-6 hour gap at times. If they don't - that is also perfectly normal! Get into you groove and head out with bub for a pram walk, or take a long deserved nap.



Developmental milestones

Bub is now well and truly on their way to developing all their skills, from smiling to tummy time - it is important to do tummy time from newborn; this can be on your chest, or in a carrier. This will not only develop bub's core, but ensure they don't get plagiocephaly - flat head. If baby prefers to keep their head facing one way more than another during sleep; turn the cot or their body around the opposite way, or turn their head to the opposite direction while they are sleeping.

Our TIPS & TRICKS



1 Tired Cues

Newborns show tired cues to signal they need sleep.

Common tired cues include:

- Early cues: Staring into space, losing interest, slight fussiness
- Mid cues: Yawning, rubbing eyes, pulling ears, clenching fists
- Late cues: Crying, arching back, becoming overly fussy, difficulty settling

It's best to respond to early cues to prevent overtiredness, which makes it harder for babies to fall asleep.



2 Feeding Cues

Newborns show feeding cues to signal hunger. Common feeding cues include:

- Early cues: Smacking lips, sucking on hands, turning head (rooting reflex)
- Mid cues: Increased movement, fussiness, opening mouth wide
- Late cues: Crying, becoming red-faced, frantic movements

It's best to respond to early cues, as waiting until late cues (crying) can make feeding more difficult.



3 Sometimes, you both just need bed.

Sometimes, if a baby won't settle despite being fed, changed, and comforted, they might just be overtired and overstimulated. In these cases, swaddling them snugly and putting them to bed in a safe sleep space can help them calm down and drift off. Swaddling mimics the womb's snug feeling and can reduce startle reflexes that wake them up.

It's also important for parents—especially mums—to get rest too. If baby is safe and swaddled, taking a break to recharge can make a big difference. A well-rested mum is better able to care for her baby, so sometimes the best thing for both is to step back, let baby settle, and get some rest yourself.

Postpartum continuity of care refers to ongoing, coordinated healthcare for mothers and newborns after childbirth. This approach ensures that both physical and emotional needs are met, reducing complications and improving overall well-being.

Here are some key benefits:

1. Maternal Health Benefits

- **Early Detection of Complications:** Regular postpartum check-ups help identify issues such as postpartum hemorrhage, infections, and high blood pressure (e.g., preeclampsia) early.
- **Improved Mental Health:** Continuity of care can help detect and address postpartum depression, anxiety, and other mood disorders through timely interventions.
- **Support for Recovery:** Healthcare providers can offer guidance on postpartum healing, pain management, and addressing concerns like pelvic floor dysfunction or cesarean recovery.

2. Infant Health Benefits

- **Enhanced Newborn Monitoring:** Ongoing visits allow for better tracking of infant growth, jaundice, feeding difficulties, and developmental milestones.
- **Improved Breastfeeding Support:** Consistent care helps address lactation issues, ensuring proper nutrition and reducing the risk of complications like mastitis or poor weight gain.
- **Preventive Care:** Helps ensure education on newborn care, reducing risks of infections and illnesses.

Evidence shows that women with continuity of care are less likely to suffer PPA or PPD.

3. Strengthening the Mother-Provider Relationship

- **Trust & Comfort:** Seeing the same provider or team enhances trust, making it easier for mothers to discuss concerns openly.
- **Personalised Care:** A continuous care model allows healthcare providers to tailor advice and interventions to the mother's specific medical history, needs, and preferences.

4. Social & Emotional Support

- **Reduced Feelings of Isolation:** Regular contact with healthcare providers and access to support groups or community resources can help mothers feel less alone in their postpartum journey.
- **Better Partner & Family Involvement:** Encourages partner participation in newborn care and postpartum support, fostering a supportive family environment.

6. Long-term Health Benefits

- **Chronic Disease Prevention:** Identifies and manages conditions like diabetes, hypertension, and thyroid disorders early, reducing long-term health risks.
- **Promotes Lifelong Healthy Habits:** Encourages healthy lifestyle choices for both mother and baby, such as proper nutrition, exercise, and mental well-being.



Services



Comprehensive,
Holistic Postpartum
Care



Breastfeeding and
Lactation Support



Newborn Education -
From Swaddle to
Settle to CPR



NDIS Home Care for
mothers and babies



Respite Care in your
home



Registered Nurse
Neonatal Care and
development tracking



Continued Virtual
Support

Nursing | Postpartum | Lactation
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