



JESS KIMBALL'S GUIDE TO POSTPARTUM

WHAT TO EXPECT, TIPS, AND LOCAL RESOURCES

(If you are a client outside of Sunflower Postpartum Cares travel radius feel free to request resources local to your area and a list will be prepared for you)



WEEK 1:

WHAT TO EXPECT:

- Sleep 16-20 hours per day
- 8-12 feedings per day
- First bowel movement
- Gaining about $\frac{2}{3}$ of an ounce per day
- Lots of skin to skin! Find out more on page 19
- **The AAP recommends room sharing for 1 year**

TIPS:

- Set up a nursing/feeding station. You will be spending loads of time here! Include a book, phone charger, snacks, bottled water, and make sure it is a COMFY space!!
- Use the perineum bottle and mesh undies from the hospital, consider ordering some Hanes brief style underwear!
- Open and place the diaper under the baby before even opening the dirty diaper. This opened new diaper will catch anything that baby passes while you are removing the old one. This also makes diaper changes quicker!
- Tuck top of diaper to avoid touching umbilical cord stump
- Contact doctor if baby appears jaundice (yellow skin/eyes)
- If baby has a fever go to doctor immediately

- Do NOT let your baby sleep in the car seat unless it is safely installed in the car.



RESOURCES:

- Poison control: 1-800-222-1222
- PSI Helpline: 1-800-944-4773
- Pediatric Dentistry for tongue or lip ties:
<http://www.uppervalleydental.com/frenectomy>
- The Baby Box (free gift for every FREE course you complete):
<https://www.babyboxco.com/>
- Miracle Milkookies
<https://miraclemilkookies.com/?rfsn=2801045.e4b6fe>
- Infant and Women's crisis information:
<https://www.familyplacevt.org/local-resources/>
- MealTrain (easy online setup and FREE to create)
- Kellymom.com



- Postpartum doula: Sunflower Postpartum Care
Sunflowerpostpartumcare.com 803-431-4852
sunflowerpostpartumcare@gmail.com
- If you plan to breastfeed:
<http://www.medelabreastfeedingus.com/breastfeeding-university/cart>
- <https://www.medela.us/breastfeeding/services/breastfeeding-university>


Promotion Code: BRUEgX74fR - 100% off

- https://www.oxhp.com/secure/materials/member/hmhbm_book1.pdf

SIZES	WEIGHT (lbs)	AVERAGE DIAPERS (per day)	HOW LONG DOES IT USUALLY FIT (months)
N	< 10	6-9	1
1	8-14	6-9	2.5
2	12-18	6-9	2.5
3	16-28	5-7	10
4	22-37	5-7	10
5	> 27	5-7	14
6	> 35	5-7	14



BABY'S MILK CHART

AGE	AMOUNT PER FEEDING	FREQUENCY	TOTAL AMOUNT
0 - 1 MONTH	 1 - 3 oz	 Every 2 - 3 hours 8 - 12 Feedings daily	24 oz
1 - 3 MONTHS	 3 - 4 oz	 6 - 8 Feedings daily	24 - 32 oz
3 - 6 MONTHS As babies sleep longer at night, the number of feedings will decrease.	 4 - 8 oz	 4 - 6 Feedings daily	24 - 32 oz
6 - 9 MONTHS Good time to start on solids.	 6 - 8 oz	 6 feedings daily	32 oz
9 - 12 MONTHS Babies sometimes drink a little less during this period, as more solids are added.	 7 - 8 oz	 3 - 5 feedings daily	24 oz



The Shades of Baby Poop – A Rough Guide



Meconium can be very
dark green or black



Breastfed baby poop
might be a mustard yellow



Formula-fed baby poop
might be tan or yellow



Green poop isn't usually
anything to worry about



Brown is a common
poop color for
babies on solids



Red could indicate blood,
and could be harmless, but have it
checked out just in case



Black poop
(after the first five days)
could be a sign of dried blood
so call your healthcare provider



White or clay-colored poop
is rare, but may be serious
so call your healthcare
provider

Note: The color of baby poop can vary a lot. This chart is not suitable for diagnosing your baby's health.
Always check in with your healthcare provider if you have any concerns.



WEEK 2:

WHAT TO EXPECT:

- Most babies regain/surpass birth weight around 10-14 days old
- Umbilical stump may have fallen off or is getting ready to
- Vitamin D drops are important to begin using if you have not started
- Sponge baths can be started, but babies aren't very dirty so this is up to the parent. Do not get the baby fully wet until the umbilical cord stump has fallen off.
- Your baby can focus on objects 8 to 14 inches away—about the distance between his eyes and yours during nursing.

TIPS:

- Pay attention to YOUR healing
- You are beginning to process your birth. Consider a birth story listening session if you feel the need.
- Babywearing can be a life saver as you begin to do more. I love Aloha and Light ring slings and Moby wraps!

General body reflexes

- **Moro reflex/ startle reflex**
 - Begins at 28 weeks of gestation
 - Initiated by any sudden movement of the neck
 - Elicited by -- pulling the baby halfway to sitting position from supine & suddenly let the head fall back
 - Consists of rapid abduction & extension of arms with the opening of hands, tensing of the back muscles, flexion of the legs and crying

The moro reflex

ADAM

RESOURCES:

Breastfeeding support:

- Well Maiden: WellMaiden.com
- Life Tree: <http://www.lifetreebirth.com/> LifeTreeBirth@gmail.com.
- La Leche League: <http://www.llofmenh.org/>
- Ladybird Lactation: (603) 748-8640
<https://www.facebook.com/LadybirdLactation/>
- Pass The Milk Project: New England, POST HERE FOR DONOR MILK <https://www.facebook.com/PTMPNewEngland/>

House Cleaning and Catering:

- Erin Parshley 802-661-8713 Erinp.603@gmail.com

Birth story listening:

- Well Maiden: WellMaiden.com

Babywearing:

- Ring sling "Aloha and Light" PROMO CODE: AlohaSunflower15
- Moby Wrap

You can set your
baby on the floor

Go to the bathroom. Stretch
your body. They are okay

WEEK 3:

WHAT TO EXPECT:

- Crying for 3+ hours at a time for 3 days a week for 3 weeks is a sign of colic.
- Finds your arms and even your scent calming and comforting.

TIPS:

- Meal prep for YOUR nutrition.
- Sleep as much as possible
- Find your village! (4th trimester group info bellow)
- Stressed and have tried everything? Put them in water (bath time) or take them outside. It's baby zen.



RESOURCES:

- 4th trimester Group:
Thursdays 10am to 12pm
Dartmouth Hitchcock Women's Health Resource Center
9 Hanover St
Lebanon, NH
- Good Beginnings:
info@gbuv.org, 603-298-9524





WEEK 4:

WHAT TO EXPECT:

- Baby begins responding to loud noises
- Begin decoding different cries (hungry cry, sleepy cry, etc)
- More tummy time!
- Pediatrician may screen YOU for PPD
- Baby gains 4-7 ounces per week

TIPS:

- Worried about colic? Visit a Chiro!
- Baby learns by mimicking so talk to them
- If your baby isn't a fan of tummy time try baby wearing or lying baby on your chest to encourage tummy time in different settings

RESOURCES:

- Upper Valley Chiropractic: (603) 298-7400
- Body and Energy Cleanse: Well Maiden: WellMaiden.com

Need to give your baby medication? Try this:



WEEK 5:

WHAT TO EXPECT:

- You can give her a gentle mini-workout by slowly pulling her to a sitting position, or let her "fly" by resting her tummy-down on your forearm. Always support her head during movements.

TIPS:

- Show baby around the house pointing out family members in photos and naming everyday objects.





WEEK 6:

WHAT TO EXPECT:

- Reaching for dangly objects
- You may catch a gummy grin

TIPS:

- Speak to your partner about your concerns: Communication is key

RESOURCES:

- Mighty Yoga: Pre/Post Natal yoga
- Postpartum Workshop with Erin McCabe
info@erinmccabewellness.com erinmccabewellness.com/
- Yoga and Pilates with Kim Wegner Hall and Jenny Armstrong
603-667-6515

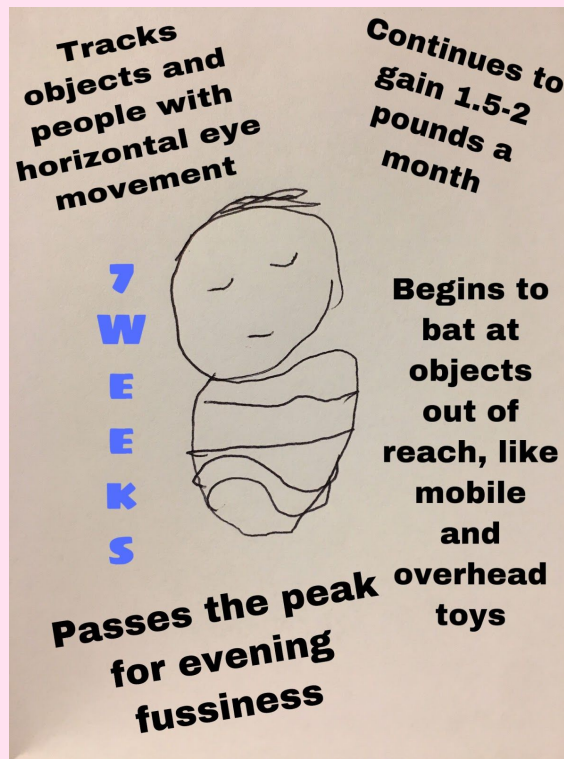
WEEK 7:

WHAT TO EXPECT:

- Your baby is starting to understand senses. They can look at a rattle and connect it to the sound it makes.
- They are becoming partial to color, preferring bright colors and 3D objects over flat black and white ones.

TIPS:

- Baby belly massage helps with gas!
- Keep calm. Although your baby might not be sleeping through the night yet, the new, longer periods of calm are a good sign that more rest is in your future.





WEEK 8:

WHAT TO EXPECT:

- Giggles!
- Watch for signs of PTSD from childbirth and contact your doctor or therapist for resources.

TIPS:

- Watch for sleepy and hunger cues to avoid fussiness and witching hour
- Gassy? Move baby's torso in a circular motion while they are sitting on your lap. I can show you how! Or try bicycling baby's legs
- Tip for your partner: Take photos! Moms are never in enough of the photos!

RESOURCES:

- Windi by Baby Frida for gas or constipation
- Baby music classes:
<https://uvmusic.org/programs/classes/music-together>

WEEK 9:

WHAT TO EXPECT:

- Mental Leap: Starting to recognize patterns



- Keep up the tummy time to avoid bald spots and a flat head, your baby already spends so much time on their back in the car seat, crib, etc.

TIPS:

- Routines? Babies love them! Schedules may take a lot more work to implement.

RESOURCES:

- No more swaddling: Zen Sleep Sack: Nestedbean.com

WEEK 10:

WHAT TO EXPECT:

- Baby will begin “conversing” with you
- Expect postpartum hair loss
- When someone familiar comes near, he might respond with wide eyes and gleeful wiggling.

TIPS:

- Sleep: More calories during the day = less feedings at night = longer stretches

RESOURCES:

- Local Playgroups: The Family Place: Monday and Friday 9-10:30 at the Olcott House



More UV playgroups here: <https://www.familyplacevt.org/playgroups/>

WEEK 11:

WHAT TO EXPECT:

- Baby is becoming a social butterfly
- Array of facial expressions

TIPS:

- Begin introducing fun games (give baby a guided tour of the house, dangle objects for baby to grab, etc)

WEEK 12:

WHAT TO EXPECT:

- Your baby has grown about an inch per month
- You'll notice baby gain more muscle control, they may even push themselves up during tummy time.
- They'll begin to realize that kicking, punching, or grabbing toys makes them move
- Baby will begin to settle into their routine

TIPS:

- Increase tummy time length day by day
- Great time to introduce noisy toys like wrist rattles

Sunflower Postpartum Care

SUPPORT FOR BABY AND MOM

LEARNING THE VALUE OF SKIN-TO-SKIN

The best start for mom and baby is SKIN-TO-SKIN — not just for breastfeeding, but also to support the baby's important brain development. Skin-to-skin provides a safe, warm place where the baby's brain begins to make POSITIVE CONNECTIONS with mom and the world.



1 COMMUNICATION

COMMUNICATE EARLY AND OFTEN

Begin an open line of communication early with your baby. A lot can be "said" when a child and parent are skin-to-skin. NON-VERBAL CUES like "I'm hungry" and "I'm tired" can be understood well BEFORE CRYING monopolizes the conversation.

#NIGHTY! NITE! #UHOH! FULL LOAD! #Easier Breastfeeding #CHOW TIME! #INCOMING!



2 BIOLOGY AND PHYSIOLOGY

ADVANCE YOUR BABY'S DEVELOPMENT AND GROWTH

Skin-to-skin is important for a baby's BRAIN DEVELOPMENT — particularly in the first eight weeks of life. IN FACT, breastfeeding benefits are only 10% nutritional and 90% DEVELOPMENTAL!



THE BREASTFEEDING EFFECT:

90% DEVELOPMENTAL 10% NUTRITIONAL

Advanced Chemistry tool

The close time spent with your baby skin-to-skin creates a lasting and POSITIVE BOND. And releases OXYTOCIN in the mother — a calming hormone that reduces depression!

3 PSYCHOLOGY

KEEP CALM AND COMFORT ON

Skin-to-skin calms and soothes BOTH PARENT AND CHILD. Parents anxiety is reduced and CONFIDENCE increased with recurring embraces - while the child's temperature, blood pressure, heart and respiratory rates maintain HEALTHY BALANCES!

Create Balance & Serenity with Skin-to-skin!

- A Affection
- B Better bonding
- C Confidence
- D Decreases anxiety & depression
- E Emotional healing can occur sooner

Nebraska Breastfeeding Coalition

Really? REALLY. BREASTFEEDING. KNOW THE FACTS.

Why use SKIN-TO-SKIN?
Learn more at ReallyREALLY.org

For even more events, resources, and recommendations please check out our Upper Valley Resources Sheet at the very end of this guide.

LESSER-KNOWN MILESTONES

FOR BABY'S FIRST YEAR

ONE MONTH

- Produces tears now when crying
- Moves head side-to-side while lying down
- Loves black-and-white or high-contrast images

TWO MONTHS

- Will play with his/her hands when sitting up, but will still flap his/her arms and legs when laying down.
- Smiles intentionally

THREE MONTHS

- Giggling!
- Shows preference for you and/or your partner.

FOUR MONTHS

- Can taste salt now
- Beginning to play independently
- Rolls over (back to front)

FIVE MONTHS

- Can identify your specific voice from a group of voices
- Reaches out for you
- Shows stranger anxiety

SIX MONTHS

- Sits up with support
- Rolls over and back

SEVEN MONTHS

- Imitates sounds
- Plays peek-a-boo

EIGHT MONTHS

- Crawling
- Responds to name
- Sits unsupported
- Transfer objects between hands

NINE MONTHS

- Waves "bye-bye"
- Drops toys then looks for them
- Identifies self in mirror

TEN MONTHS

- Can finger-feed self
- Understands object permanence
- Pulls self to standing

ELEVEN MONTHS

- Stands unsupported
- Prefers and responds more to repetitive sounds than non-repetitive sounds

TWELVE MONTHS

- Says "mama" or "dada"
- Brain has doubled in size
- Foot is half of its adult foot size



PREEMIES:

MICRO-PREEMIES	PREEMIES	FULL-TERM
		
<ul style="list-style-type: none"> • Less than 26 weeks gestation • Weigh <3 lbs • Some eat only 1 oz a day! • Spend a few weeks to a few months in the NICU 	<ul style="list-style-type: none"> • 26-37 weeks gestation • Weigh 3-5 lbs • Prone to upset stomach and indigestion • Some ready to go home in 1-2 weeks 	<ul style="list-style-type: none"> • 39+ weeks gestation • Weigh 5.5-9 lbs • Eat 8-12 times per day • Ready to go home in 1-2 days! <div style="text-align: right;">  EmIsCrafty.com BreastCardEver </div>



I am a huge supporter of kangaroo care!

Kangaroo Care

Benefits of Kangaroo Care

Kangaroo Care, also known as skin-to-skin contact, has great benefits for all newborns, but is especially beneficial to premie babies in the NICU

Regulates baby's heart rate, breathing and body temperature

Helps baby spend more time in deep sleep

Improves baby's weight gain

Increases mother's milk production for breastfeeding

Increases bonding between baby and mother (or baby and father if he is practicing Kangaroo Care)

How to Practice Kangaroo Care

Hold your diapered baby on your bare chest

Place a blanket over the baby to keep her warm

Reference:
Kangaroo Care, March of Dimes Website: MarchOfDimes.org/baby/kangaroo-care.aspx.
Updated August 2014.



Read this handout from MAM for more info on preemie care and pacifier use in preemies:

https://www.mambaby.com/uploads/tx_ddownload/MAM_ms_c_factsheet_comfort_preemie_en_202007_final.pdf

It is incredibly important to follow SIDS protocols!

Premature Babies

1st Trimester 1-12 wks 2nd Trimester 13-26 wks 3rd Trimester 27-40 wks

Risk Factors

- Prior premature birth
- Multiple pregnancies
- Diabetes
- Being underweight or overweight before pregnancy
- Chronic high blood pressure
- Uterine or cervical problems
- Lack of prenatal care
- Smoking
- Alcohol use
- Less than six months between pregnancies
- Poor nutrition

How to Lower Your Risk

- Get prenatal care early on
- Go for regular dental check-ups
- Work with your health care provider to manage or control diseases such as high blood pressure and diabetes
- Quit smoking and avoid other drugs and alcohol

Breastfeeding your Premature Baby

- Kangaroo care: Hold baby skin to skin, if possible.
- Your breastmilk is the best thing for your baby.
- Plan to pump about 8 times per day.
- PUMP! The first pumping session should be within 6 hours of birth.

WIC is an equal opportunity employer and provider

WIC



Remember these things for your baby's ideal comfort:

1. Temperature
2. Warm baths with limited soap use
3. Lots of snuggles, body warmth is very comforting
4. Back is best, and safest
5. 5 S's! Swaddle, suck, sway, side, shush...an easy transition into this hectic world!



TIMELINE OF HEALING:

FOLLOW YOUR INTUITION ALWAYS.

USING HERBS? READ THIS:

[HTTPS://AVIVAROMM.COM/WP-CONTENT/UPLOA
DS/2020/04/HERBS-IN-PREGNANCY-WHATS-SAF
E.PDF](https://avivaromm.com/wp-content/uploads/2020/04/herbs-in-pregnancy-whats-safe.pdf)

tall mom tiny baby.com

Tip:

Step-by-Step Padsicle Folding



Just place your padsicles in your freezer,
then take them out one at a time
when you come home from birth!



PADSICLES: ALOE VERA, WITCH HAZEL, LAVENDER ESSENTIAL OIL

VAGINAL BIRTH:

- First 24 hours: Ice your perineum. Get creative with ice packs!

The 5 Love Languages in Postpartum

GIFTS

- Push present
- A gift card to a needed service (housekeeper, food delivery)
- Bringing home favourite snacks

ACTS OF SERVICE

- Making sure water bottle is always full at nursing area
- Cleaning all the bottles, doing the laundry

WORDS OF AFFIRMATION

- I see how hard you are working.
- Thank you for making this sacrifice for our family.
- I've never felt more attracted to you.

PHYSICAL TOUCH

- Rubbing birther's swollen feet
- A quick kiss on the forehead
- Respecting if birther is "all touched out."

QUALITY TIME

- Staying up with partner while they nurse/feed
- Asking work for accommodations to take a leave/flex hours to be at home

The postpartum period can come along with a lot of big emotions. Staying in tune with your partner's love language can help you stay united in challenging circumstances.

**birth
boss**

WEEK 1:

- Vagina may hurt quite a lot depending on tearing
- Bleeding is normal
- Uterus begins to contract back to pre-pregnancy size
- Change in hormone levels
- Exhaustion
- Feeling overwhelmed, like crying, or that nothing is going right can occur
- Day 3 is particularly difficult



WEEK 2:

- Bleeding may start to taper off, but may last up to six weeks
- Bleeding shouldn't be heavy
- Vaginal itchiness is normal
-

WEEK 6:

- Uterus is back to pre pregnancy size
- Bleeding stops, but can temporarily restart again
- Most people are cleared for sexual activity and exercise
- Feeling exhausted and overwhelmed is normal
- Deeper feeling of depression, hopelessness, or anxiety should be discussed with your doctor

6 MONTHS:

- Hair should stop falling out
- Full bladder control should return if it was a previous issue
- Milk might be drying up
- Period may come back at this time
- Mental state is potentially more positive
- Lingering signs of PPD should be discussed with your doctor

ONE YEAR:

- You may begin feeling back to yourself, but your body may feel slightly different
- Your breasts will appear different than they did pre pregnancy if you breastfed.



C-SECTION BIRTH:

ONE HOUR:



- You will not yet have sensation in your lower body
- Barring complications you will be able to hold, and if you choose to, breastfeed your baby
- You can ask your doc to remove your bandage instead of waiting for it to fall off. You can also ask if it is okay to use cocoa butter to avoid keloid

ONE DAY:

- You will be on a liquid diet until your doctor clears you for solids
- Nurses will massage your uterus to encourage it to contract
- You'll be encouraged to get out of bed
- C Section pain spikes 18 hours post delivery, you will be given an oral narcotic

TWO DAYS:

- Doctors will remove your catheter, meaning you will be walking at least to the bathroom
- You can shower, allowing soapy water to run over your incision but do not scrub it
- Bandages will be replaced with Steri-Strips, these can get wet
- No baths until 7-10 days post OP
- Lochia, discharge is normal and you can expect to be wearing a pad



- Gas pains can be excruciating
- Stool softeners and walking around can be very helpful

FOUR DAYS:

- Your doctor will remove your staples
- You will be discharged
- You will be instructed to avoid lifting anything heavy, using tampons, having sex, and NO douching.
- No driving or stairs

2 WEEKS:

- Postpartum check up

4 WEEKS:

- Bleeding begins to taper off
- Take longer walks
- Listen to your body! Rest if things hurt.



6 WEEKS:

- The healthier you are before surgery, the quicker the recovery.
You may be healed
- You may still feel pain when your incision is bumped, but it is healed and with your doctor's permission you can resume all normal activities

COMMON EARLY SIGNS OF **POSTPARTUM DEPRESSION & POSTPARTUM ANXIETY**

- Intense irritability or anger
- Difficulty concentrating or focusing
- Persistent feelings of hopelessness
- Feeling that you are not good enough or capable enough to be a good mother
- Crying inconsolably and for no discernible reason
- Sleep disruptions (unrelated to your baby's night waking)
- Difficulty bonding with your baby
- Irrational fears or intrusive thoughts about harm that may come to baby

OUR MAMA VILLAGE

10 RULES FOR VISITING A NEWBORN

RULE 1:
VISIT ONLY IF YOU'VE BEEN INVITED.

RULE 2:
DON'T VISIT IF YOU ARE SICK!

RULE 3:
DO NOT KISS THE BABY.

RULE 4:
WASH YOUR HANDS BEFORE HOLDING THE
BABY.

RULE 5:
DO NOT POST ANNOUNCEMENTS ON SOCIAL
MEDIA.

RULE 6:
DON'T SMELL LIKE SMOKE OR STRONG
PERFUME.

RULE 7:
KEEP YOUR VISITS SHORT. DO NOT
OVERSTAY.

RULE 8:
MAKE ZERO COMMENTS ON THE PHYSICAL
APPEARANCE OF THE MOTHER.

RULE 9:
IF BABY NEEDS TO BE FED, PLEASE
LEAVE THE ROOM OR DON'T STARE.

RULE 10:
RESIST THE TEMPTATION TO GIVE
UNSOLICITED ADVICE.

ABOVE ALL, *Respect the wishes
of the parents!*

Gentle Pelvic Floor Strengthening

WreckingRoutine.com

Set 1: 10 reps, 2 rounds

Set 2: 10 reps, 2 rounds

Pulses



Knee Drop



Deadbug



Twisted Curl



Glute Bridges



Clamshells



Set 3: 10 reps, 2 rounds

Donkey Kicks



Side Taps



Plank Touches



<div> <h1>Infant Development Milestone Chart</h1>  </div>			
Age	Mastered Skills (Most infants can do)	Emerging Skills (Half of the infants can do)	Advanced Skills (A few infants can do)
1 month	Starts lifting head	Follows moving objects	Learns to smile and laugh
	Starts responding to sounds	Able to see black and white patterns	Tries to hold up head at 45 degree angle
	Stares at bright objects		
2 months	Starts gurgling and cooing	Smiles, laughs	Holds head steady
	Starts following moving objects	Holds head at 45-degree angle	Bears weight on legs
	Tries holding head up		
3 months	Giggles	Squeals, gurgles, coos	Responds to loud sounds
	Starts holding head steady	Recognizes your voice	Rolls over
	Recognizes your face and scent	Tries to lift body	
4 months	Starts bearing weight on legs	Grasps a toy	Imitates speech sounds - baba, dada
	Coos when you talk to her	Reaches out for objects	May cut first tooth
		Rolls over independently	
5 months	Starts distinguishing between sounds	Recognizes own name	May sit momentarily without support
	Rolls over independently	Ask doctor if she's ready for solid foods - this is almost the right time	Mouths objects
	Plays with hands and feet and gets mesmerized		Anxiety towards strangers
6 months	Imitates sounds, blows bubbles	Starts sitting without any support	May lunge forward or start crawling
	Rolls in both directions without any help	Is ready for solids	May jabber or combine syllables
			May drag object towards himself

Breastfeeding Positions:



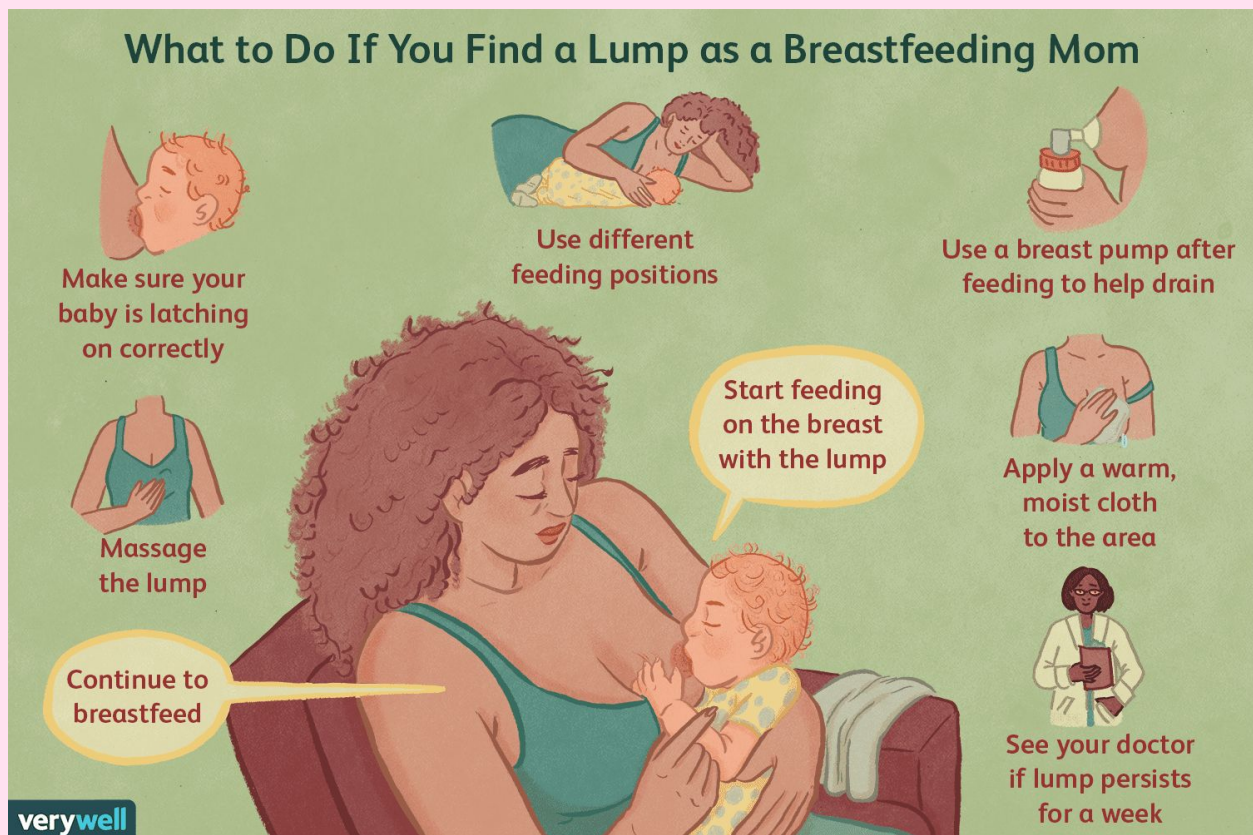
Tip* If your baby seems to prefer one side over the other:

TRY STARTING YOUR BABY ON THE PREFERRED BREAST AND THEN ONCE LET-DOWN OCCURS, SLIDE HER OVER TO THE OTHER SIDE WITHOUT CHANGING THE POSITION OF HER BODY. FOR EXAMPLE, START HER IN THE CRADLE POSITION AND THEN SLIDE HER OVER INTO THE FOOTBALL POSITION. CONTINUE TO TRY DIFFERENT NURSING POSITIONS.

TOP 10 Breastfeeding Travel Tips			
1  Use a Breast Pump	2  Pump Extra	3  Bring Water	4  Store Wisely
5 Check Your Power Supply 	6 Dress For Success 	7  Plan Ahead	
8  Build in Extra Time		9  Be Patient	10  Don't Feel Bad

SO YOU NOTICED A LUMP?

- * A WARM SHOWER WITH PLENTY OF STEAM CAN OFFER SOME RELIEF
- * TRY MASSAGING IN FRONT OF THE LUMP TO CLEAR A PATH FOR IT TO DRAIN





SUNFLOWER POSTPARTUMS BABYWEARING LIBRARY:

JESS HAS A WIDE SELECTION OF BABY WEARING GEAR AVAILABLE FOR CLIENTS TO BORROW FROM WHEN DECIDING WHICH CARRIER THEY WOULD LIKE TO PURCHASE.

1. Aloha and light ring sling purple tie dye
2. Aloha and light ring sling green, blue, yellow tie dye
3. Moby Wrap green
4. Moby Wrap grey
5. Moby wrap purple
6. Moby wrap pink
7. Moby wrap black
8. Baby K'tan
9. Bambini and Me wrap
10. Baby bjorn original (not approved by association of hip dysplasia)
11. Chicco carrier (not approved by association of hip dysplasia)
12. Ergo Original
13. Lillebaby Pursuit
14. Lillebaby Complete
15. Lillebaby Complete Airflow
16. WildBird grey Ring Sling
17. Tula Free to Grow black and grey star print
18. Waterproof WonderGarden Ring Sling
19. Sleeping Baby Productions purple Ring Sling
20. Boppy comfyfit black
21. Boppy comfyfit camo
22. Fidella Onbuhimo
23. Infantino Mei Tai
24. Ergo 360
25. Fidella FlyClick
26. Hope and Plum Ring Sling short length linen cotton



- 27. Hope and Plum Ring Sling mid length hemp
- 28. Hope and Plum Ring Sling long length linen
 - 29. Maya ring sling
 - 30. Beco Gemini
 - 31. Boba 4G
 - 32. Boba Wrap gray
 - 33. Boba Wrap navy
- 34. G4 MiniMeis shoulder baby carrier
- 35. New babybjorn carriers coming soon
- 36. Oscha size 7 woven sling
- 37. Rebozo traditional Mexican woven wrap
 - 38. Seven slings plain sling
- 39. Baby Bjorn Mini breathable carrier
- 40. Rainbow pastel ring sling
- 41. Weego Twin carrier

Promo Codes:

Aloha and Light: AlohaSunflower15

Fidella: SunFlowerFreeDHL

Oscha Slings: f049b5d9