



Huntington[®] Baby

Help for when
you go home.



Congratulations on the birth of your baby!

Going home from the hospital after having your baby can be very exciting, but you may feel worried about how you will manage. We put together this guide to help.

This guide includes a list of services in our area – please note that this list is not intended to be comprehensive and does not constitute a recommendation by Huntington Hospital. The listed resources are current as of November 2017. Please contact providers directly for questions and to schedule services. Services noted with a \$ require a fee.

Taking care of yourself.

- Limit visitors and social activities, especially in the first week.
- Sleep when your baby sleeps.
- Moms, increase your activity level slowly.
- Having a new baby is a big life change. Be kind to yourself. Surround yourself with people and things that make you happy.
- If you feel that you are unable to cope mentally and emotionally, please contact your doctor and/or the Huntington Hospital Maternal Wellness Program, (626) 397-2330.

Connecting with your partner.

- Clear communication is very important right now.
- Make sure you connect with each other daily so you both have a chance to express what you need to feel supported.
- Develop a routine around the sharing of baby care and household chores.
- The more you each share in your baby's care, the more you will both enjoy your baby.
- Remember to compliment each other as you grow into your new parenting roles.

Taking care of your older child(ren).

- Arrange childcare for older children. For affordable quality child care options, call (626) 449-8221 or visit www.optionsforlearning.org.
- Ask friends and family to spend time with your children.
- You may see some sibling rivalry. Some tips that may help include:
 - Involving your older child in your baby's care.
 - Spending special time each day alone with your older child or children.
 - Keeping your toddler busy with a game, food or drink before feeding your new baby.

Concerns about baby and mom.

- Read your New Beginnings booklet for good information about mom and baby.
- For concerns about your baby, call the nurse at your baby's doctor's office or the staff at the Huntington Hospital Perinatal Health Education Center, (626) 397-8768.
- For concerns about mom's recovery, call the nurse at mom's doctor's office.
- For mood or anxiety disorders, please contact your doctor and/or the Huntington Hospital Maternal Wellness Program, (626) 397-2330.

Help with baby feeding.

- When mom starts feeding baby, ask if there is anything she needs. Make sure she can reach everything. Help keep the baby awake for good feeding sessions (rub the bottom of the feet, stroke the baby's back, hold the baby's hand).
- Visit the Huntington Hospital Breastfeeding Support Group (information and support for all baby feeding issues) Thursday mornings, 10 a.m. (except major holidays), (626) 397-3172.
- Call the Huntington Hospital Breastfeeding Center (in-office lactation consults \$), (626) 397-3172.

Help around the house.

You may feel shy about asking for help for yourself, so think about your requests as helping your baby and family. Ask your support team for help with:

- Providing fresh or frozen meals.
- Cleaning your home, including washing dishes, cleaning the kitchen, vacuuming or sweeping the floors, dusting, starting a load of laundry, and/or cleaning up toys in kids' rooms.
- Grocery shopping or running errands.
- Taking care of pets.
- Holding the baby so mom can shower, eat or sleep.

If you don't have family members and/or friends who can help or don't want to ask, you may want to hire help:

- Contact an agency (such as Care.com) for services like baby care, house cleaning and pet care. \$
- Arrange for regular delivery of baby and mom supplies (like diapers, wipes, sanitary pads, etc.) through a service (such as Amazon.com). \$
- Arrange for grocery delivery (such as AmazonFresh.com, Instacart.com, Milkandeggs.com, Vons.com). \$
- Arrange for meal delivery (such as Delivery.com, DoorDash.com, Eat24.com, Grubhub.com). \$
- Arrange for a meal service (such as BlueApron.com, DreamDinners.com, Freshly.com, HelloFresh.com, MomsMeals.com). \$

Building your support community.

- Huntington Hospital Baby and Me Group \$
Tuesday mornings, 10:00 - 11:30 a.m., (626) 397-8768 or huntingtonhospital.org/baby
- Social and family support services
Call 2-1-1 or visit 211LA.org
- Women, Infants, and Children (WIC) Program serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5.
m.wic.ca.gov
- Parent education programs offered through local community colleges and some community churches, for example.
pasadena.edu | glendale.edu
- MOMS Club of Pasadena \$
momsclubpasadena2.ipower.com/
- LA Dads Group
citydadsgroup.com/la/



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