



Family— coaching



Welcome to antenatal class 1!

Parenthood and caring for your baby





General information

- Please turn off your microphone and camera. You can ask questions in the chat.
 - If the chat does not work, try signing in again
- Teams works best with the Teams app, Microsoft Edge or Chrome browsers
- There will be a break, but please feel free to stretch your legs any time
- You can find the slides and additional information on our [website](#)
- Welcome!

1.

Fysioterapia

(Raskausviikot 15-25)

Fysioterapia-ryhmä

- Raskauden vaikutukset kehoon.
- Raskaudenajan liikunnasta, selän lepoasunnoista, lantionpohjan toiminnasta ja lihaskunnan ylläpitämisestä.

Perhe varaa itse ajan fysioterapia-ryhmään.

2.

Neuvola

(Raskausviikot 25-28)

Vanhemmuus ja vauvan hoito

- Muistot lapsuudesta, mielikuvat vanhemmuudesta ja vauvasta
- Imetys
- Vauvan hoito



3.

Neuvola

(Raskausviikot 30-34)

Synnytys

- Sairaalaan lähtö
- Synnytyksen vaiheet
- Kivun lievitys:
 - lääkkeetön ja
 - lääkkeellinen
- Poikkeavat synnytykset
- Ensikosketus ja -imetys
- Lapsivuodeaika



4.

Verkkosivut

Parisuhde ja seksuaalisuus

- Verkkomateriaali parisuhteesta ja seksuaalisuudesta

• www.hel.fi/perheentuki



5.

Virtuaalinen tutustumiskäynti sairaalaan

(Raskausviikot 36-37)

Synnytyssairaalan "Vauvan syntymä tutuksi"- verkkomateriaali

6.

Leikkipuiston Vauvaperhe-toiminta

Yhdessä vauvan kanssa – varhaisen vuorovaikutuksen merkitys



7.

Leikkipuiston Vauvaperhe-toiminta

- Voimavaroja arkeen
- Vanhempana oleminen

8.

Leikkipuiston Vauvaperhe-toiminta

- Vauvan päivä- ja unirytmii



9.

Leikkipuiston Vauvaperhe-toiminta

- Palvelut lapsiperheille: päivähoiton ja hammashoidon esittely 2 kertaa vuodessa.

what does a newborn baby need?



Benefits of breastfeeding

- Health benefits for baby and mother
- Baby: fewer infections, especially infections that lead to hospitalisation
- Mother: promotes recovery from childbirth, lowers risk of breast cancer (the longer you breastfeed, the smaller the risk of developing breast cancer)
- Nutritional value (composition, nutrients, fluid, antibodies) - with the exception of **vitamin D**
- Early interaction between mother and baby
- Breastfeeding is a green choice
- Travelling with a breastfed baby is easy





National breastfeeding recommendations



- Start breastfeeding as early as possible (when baby is approximately one hour old)
- Breastfeed exclusively for 6 months
 - Avoid supplementary milk
 - Avoid dummy and bottle
 - Introduce of solid foods at the age of 4–6 months, depending on development and skills
 - Breastfeed alongside solid foods at least until the age of 12 month; WHO recommends two years
- Baby formula can be used if
 - There is not enough breast milk
 - Mother does not want to breastfeed
 - Breastfeeding is not possible due to medical reasons
- Recognising the importance of support from the partner and loved ones



Perheen
— **tuki**



*I will breastfeed if I
can. I will not
stress about it.*



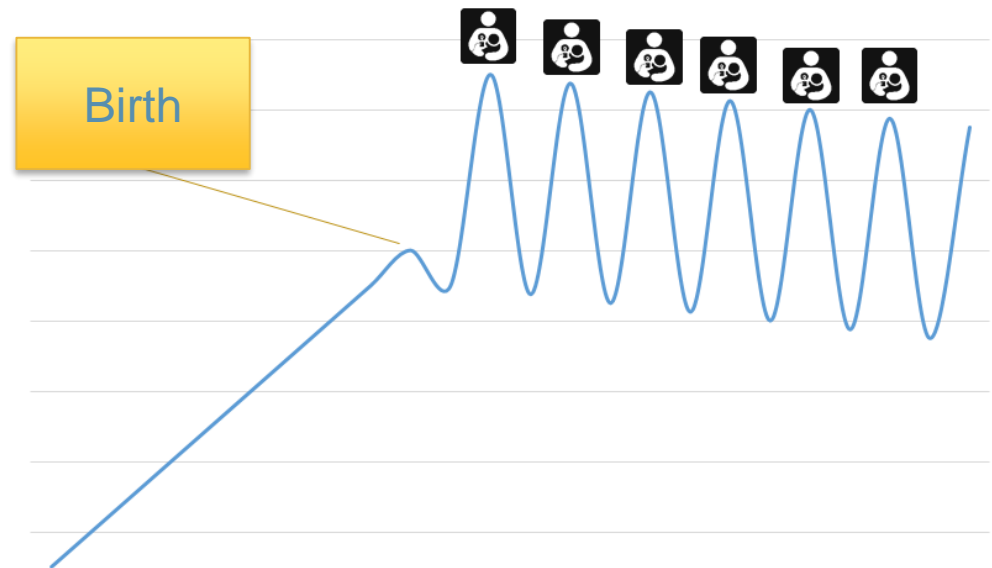
Recipe for a successful start

- Lots of skin-to-skin contact, whenever a parent is awake
- Offering breast at the earliest hunger cues
- Celebrating early colostrum drops. The amount of milk will soon be up.
- The first cluster feeding period is the second night.
- The more you breastfeed, the more breastmilk you will produce!

The more often and effectively your baby nurses, the more milk you will make

- Pump or hand express if baby is not feeding frequently or efficiently
- Night feeds help keep milk production up
- Long gaps between feeds or pumping can affect the amount of milk negatively

Every breastfeed releases prolactin hormone which boosts milk production



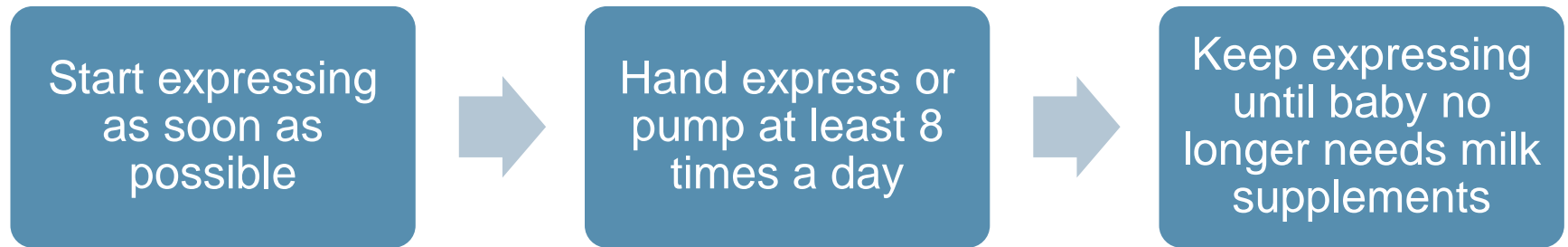


Cluster feeding and growth spurts

- Baby only wants to breastfeed, is fussy and cries more, often sleeps worse
- Baby's way to ensure there is enough milk
- Over in a day or two
- Breastfeeding is not in jeopardy, quite the opposite!
 - Breastfeed often
 - Clear your schedule for a couple of days
 - Take a nap whenever possible
 - Take it easy



What if my baby is in a neonatal unit or needs supplementary milk?



- Start in the delivery room or recovery unit
- The more you express, the more milk you will have
- Have skin-to-skin contact with baby
- You will only get a few drops at first. But worry not - if you express regularly, you will soon have lots more.



Gestational diabetes and breastfeeding

- Baby is likely to need supplementary milk to avoid low blood sugar
- Practice the hand expressing technique during pregnancy
- [Stanford university: Hand Expression of Breastmilk](#)

WHAT IS A GOOD LATCH LIKE?

- The baby's mouth is wide open
- The baby's chin touches mother's breast
- The nipple is deep inside the baby's mouth
- Breastfeeding shouldn't hurt. If pain occurs, it should appear only in the beginning, with the baby's first sucks. The pain should not continue nor increase throughout the feeding session.
- After breastfeeding, the nipple should not be flattened or have changed colour

NURSE WILL ALSO CHECK THAT

- Baby's bottom lip turns outward
- More areola is visible on the side of the baby's nose than on the side of their chin.

WHAT IS A GOOD BREASTFEEDING POSITION?

The baby has

- Ears, shoulders and hips in a straight line, their body or head are not twisted
- Head slightly tilted back
- Body close to the mother's (move the baby towards the mother, not the breast towards the baby)
- Hands on both sides of the breast
- Support behind shoulders and back so that she can move her head freely
- Nose on the breast level when he searches for the nipple

The mother has

- A comfortable position, back supported well
- Feet firmly on the ground or on a foot stool when sitting down
- If necessary, a pillow or pillows to support the arms (pillows support the mother, not the baby)



An easy start to breastfeeding:

Laid back breastfeeding position

- Get comfortable on a couch or armchair, lean back
- Place the baby on their tummy
- Mother supports baby, pillows support mother
- <https://www.youtube.com/watch?v=ZJan8xCNgY4>



Kuva lainattu Imetyksen tuki ry:n luvalla

Efficient sucking



- Feels comfortable and painfree
- Latch does not slip
- No smacking or clicking sounds
- When feeding is efficient, baby gets lots of milk, and mother produces more milk
- If breastfeeding is inefficient at first consider expressing to boost milk production
- Help is available! Do not hesitate to ask for breastfeeding counselling.

Is your baby getting enough milk?

Signs of successful breastfeeding

A breastfed baby gets enough milk, when:

- The baby is feeding on demand at least 8 to 12 times per 24-hour period.
- The baby pees at least five times per 24-hour period.
- In the first weeks, the baby poops daily. If the baby is over six weeks, he may go days without pooping.
- The baby grows.
- The baby sucks efficiently and swallows milk.
- Breastfeeding doesn't hurt.

Nursing tips to increase your milk supply

- Keep your baby skin-to-skin. Sleep with your baby.
- Breastfeed your baby more frequently, at least 10 to 12 times a day. Try to add one feeding at night time or feed a sleepy baby.
- Switch breasts during a feeding. Switch breasts when the baby starts swallowing infrequently or gets sleepy.
- You can increase the milk flow into your baby's mouth by compressing your breast when the baby eats. Use a wide hold and squeeze the breast behind the areola.
- Forget about pacifiers – let the baby suck your breast instead.
- Don't worry about your breasts feeling empty. More milk out equals more milk produced – supply and demand. The breast is never empty.
- Trust yourself – the milk supply will increase within a few days.



Your baby is usually more effective than a pump at emptying the breast. So don't worry if you are only expressing a little bit of milk.

Date _____

Feedings ○○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○○○

Success signs fulfilled ○

Date _____

Feedings ○○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○○○

Success signs fulfilled ○

Date _____

Feedings ○○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○○○

Success signs fulfilled ○

Date _____

Feedings ○○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○○○

Success signs fulfilled ○

BABY KNOWS BEST

- Take the baby to the breast at the earliest sign of hunger
- Allow the baby to eat as often as she wishes
- Allow the baby to eat as long as he wishes
- No schedules on breastfeeding
 - You may schedule expressing milk and feeding expressed milk



6-9am
wake up
and sleep
some more

9am to
7pm
regular
nine-to-
five baby



4-7pm
restless
early-
evening
baby



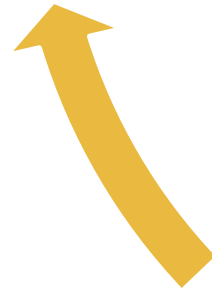
7-10pm
cluster
feeding



10-12pm
sleepy
time



1-6am
restless
early
morning
hours



Baby's Clock



Loved ones supporting breastfeeding



Protecting the nest

Close family members are important to a breastfeeding parent

Your partner's knowledge of breastfeeding can make breastfeeding more successful

Skin-to-skin contact provides baby with rest and warmth, and enables breastfeeding

If you encounter difficulties, family members can seek information and help with chores

City council provided home services can make a big difference for single parent families and families with multiples



Where can I find more information and help?

- Maternity hospital if your baby is under two weeks of age
- Neuvola!
- [Finnish Association for Breastfeeding Support](#), Imetyksen tuki ry
- See also:
 - Family support <https://www.hel.fi/sote/perheentuki-en/0-1-year-olds/breastfeeding-s/>
 - Naistalo <https://www.terveyskyla.fi/naistalo/raskaus-ja-synnytys/imetys> (in Finnish)
 - www.kellymom.com for breastfeeding information





CHECKLIST

for breastfeeding prep

Acquire these during pregnancy

- Knowledge: What is normal? What do I do if there are problems?
- Skills: How can we help baby latch? What do we need to do if the baby can't breastfeed or needs supplementary milk at first?

These you can get after the baby is born, if needed

- Any gadgets for breastfeeding or pumping

Baby sleep



- Babies must sleep on their back
 - Reduces the risk of SIDS
 - Once baby starts to change positions independently, they will no longer need to be turned onto their back
- Babies sleep for 12–20 hours a day
- From the moment a baby is born, you should start teaching them the difference between night and day
 - Daytime is characterised by activities, sounds and light
 - During the night, it is dark and quiet and only a few activities take place
- Babies should sleep in their parents' bedroom for the first six months



Crying



- Crying is your baby's way of talking
- Babies always cry for a reason, and a small baby will never cry to annoy or manipulate you
 - Hunger, tiredness, feeling scared, cold or hot, pain, or missing someone
 - Crying due to hunger often begins with light snuffling and puffing, and will quickly grow louder
 - Crying due to pain is loud from the start and continues in that way
 - Crying because of tiredness starts with whining and puffing, turning into proper cries

Parents will learn the meaning of different cries by trying out various responses

Keeping your baby clean

- **Eyes**
 - Clean with cotton wool and clean water, from outside in
 - Discharge is typical at first (tear ducts are narrow)
- **Belly button**
 - The umbilical cord stump will fall off approximately a week after birth
 - Clean the base of the belly button with dry cotton swabs
 - Antiseptic solution can be used to clean a belly button that has an unpleasant odour
- **Skin**
 - Bathe on demand, 1–7 times a week
 - Use lotion/moisturiser only if necessary
- **Nails**
 - Finger nails can be cut when the baby is 2 weeks old, toe nails at the age of one month





Spitting up, wind and other problems



- Most babies spit up milk at some point
 - Ensure careful handling after feeding
 - Change nappy before feeding
 - In case of projectile vomiting or very frequent spitting up, talk to your neuvola nurse
- Many babies suffer from wind
 - Pumping baby's legs back and forth, baby massage and skin to skin contact usually help
- Burping after feeding is recommended if your baby is gassy, but it is not absolutely necessary
- Disflatyl or Cuplaton oral drops (from pharmacy), for example, may help



Links

[HUS Labor](#), see also Baby Journey – Guide to a new mother

www.naistalo.fi → [raskaus ja synnytys](#) → [imetys](#) (in Finnish)

[Finnish Association for Breastfeeding Support](#) e.g. printout material in many languages, chat, groups

<https://www.mll.fi/vanhemmille/> (in Finnish)

http://www.vaestoliitto.fi/in_english/

<http://en.duoduo.fi/> for example an online course in English (independent study)

<https://www.suomenmonikkoperheet.fi/finnish-multiple-births-association/>
Multiple birth courses

Kotoklubi Kaneli

Information and support for parents expecting twins or triplets.



Links

- Valmennusmateriaali <https://www.hel.fi/perhevalmennus>
- <https://www.terveyskyla.fi/naistalo/raskaus-ja-synnytys/imetys>
- Sujuvan imetyksen merkit <https://imetys.fi/tulostettava-suomenkielinen-materiaali/>
- <https://imetys.fi/tietoa-imetyksen-avuksi/vauvan-kello/>
- <http://www.hel.fi/www/sote/perheentuki-fi/0-1-vuotiaat/imetys-ja-ruoka/>
- www.imetys
- <http://www.mll.fi/vanhempainnetti/>
- <http://www.vaestoliitto.fi/>
- <http://www.duoduo.fi/vanhempainvalmennus.html> mm englannin kielinen nettikurssi (itseopiskelu)
- <http://www.suomenmonikkoperheet.fi/> Monikkoperhevalmennukset
- Parisuhteen roolikartta <http://www.vslk.fi/index.php?id=20>



Cheers!

