

A New Beginning

Postpartum Discharge Education Program

Your New Beginning

- Realistic Expectations
- Becoming a Family
- New Dads or Partners

Caring for Yourself

- Normal Changes
- Hygiene
- Rest and Sleep
- Nutrition and Exercise
- Warning Signs and Reportable Symptoms
- Baby Blues and Postpartum Depression

Caring for Your New Baby

- Daily Care
- Soothing Your Baby
- Newborn Screening
- Well Baby Visits
- Warning Signs and Reportable Symptoms

Feeding Your Newborn

- Breastfeeding
- Importance of Skin-to-Skin
- Recognizing Your Baby's Cues
- Preparing Formula

Baby's Health and Safety

- Car Seat Safety
- Sleep Positioning and SIDS
- Shaken Baby Syndrome
- Introducing Pets
- Conclusion