

WHAT HAPPENS AFTER BABY'S BORN



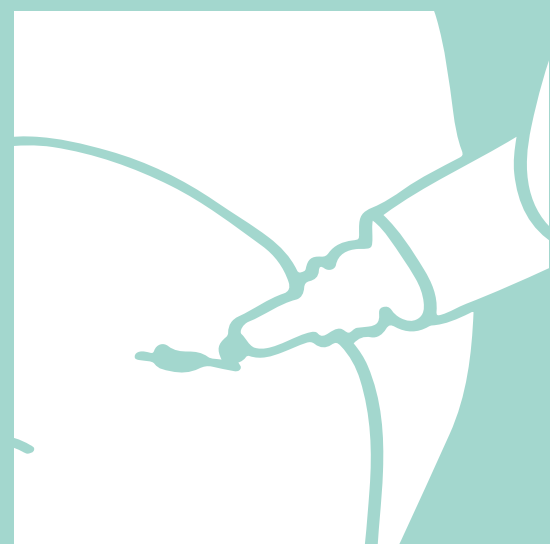
SKIN TO SKIN *"the golden hour"*

Skin to skin contact between you and your baby releases mothering hormones that assist in breastfeeding and causing the uterus to contract, shrink and stop bleeding. Skin-to-skin contact also stabilizes baby's heartbeat, temperature and breathing.



AIRWAY SUCTION *clearing the airway*

In over 90% of births, suctioning is done out of routine rather than necessity. Most often, suctioning is done with deep suction hose or a bulb syringe as baby's head emerges on the perineum. Suctioning can be delayed or even declined unless there is an indicated need.



EYE OINTMENT *the newborn "eye goop"*

This eye ointment is an antibiotic used to prevent a gonorrhea or chlamydia infection. It's given to all mothers, however, since some moms may not know they're infected. It doesn't hurt baby, but makes his/her vision blurry for a while. Eye ointment can be declined if the mother is infection-free.



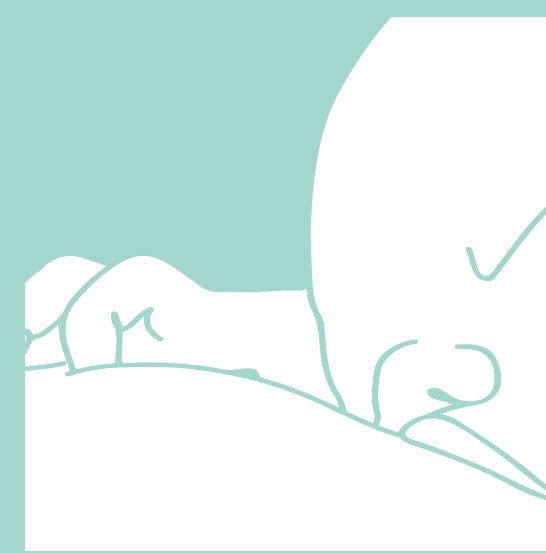
VITAMIN K INJECTION *baby's first shot*

Vitamin K, essential for blood clotting, is typically low in newborns. This injection is given to prevent bleeding disorders, which are rare, affecting less than 2% of babies. The only clear downside is that it's painful for baby. You can choose to refuse it, or ask if it can be given orally.



BATHING BABY *goodbye vernix*

Babies are born with vernix, a protective covering on their skin, which has positive effects including immune boosting properties, protecting baby's temperature and moisturizing the skin. There's no harm to vernix, so you may safely and confidently decline a bath.



BREASTFEEDING *what a multitasker*

Breastfeeding not only nourishes baby and supports bonding between baby and mom, it also helps to expel the placenta and stop uterine bleeding. If immediate breastfeeding can't happen or baby's not interested, just feel encouraged to try as soon as possible.

Information in this infographic comes from:

Eye Ointment for Newborns (www.whattoexpect.com), *The First Hour After Birth: A Baby's 9 Instinctive Stages* (www.magicalhour.com), *The Golden Hour: Getting the Best Start with Your Newborn* (choicesinchildbirth.org), *Routine Newborn Baby Care Procedures* (www.givingbirthnaturally.com), *Newborn Care Options* (www.birthnaturally.net), *5 Standard Newborn Procedures You Can Refuse* (www.liverenewed.com), *Standard Procedures In The Seconds After Birth* (www.birthtakesavillage.com)