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Information and advice –
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Certified as a baby-
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* Clinic with a Labour Ward

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USEFUL TIPS FOR MOTHER AND BABY



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CONGRATULATIONS

TABLE OF CONTENTS

3	Congratulations
4	Useful tips for you
7	Your diet
8	Your baby's diet
11	Useful tips for your baby
14	The most important telephone and fax numbers
15	Personal notes

We are delighted about the birth of your baby and would like to extend our congratulations to you. After the unforgettable experience of the birth, you are now facing the start of a new phase of your life. The most important task of the nursing team is to support your new family and to be here for you.

During your stay on the Maternity Ward, we will use our experience and professional competence to provide you and your baby with individual support and care. This brochure contains the most important tips and notes on caring for mother and baby during the first weeks after your stay with us.

Please contact your paediatrician, your GP or the parent support centre in your community with regard to your baby's subsequent health checks after being discharged from our clinic. You will also be supported by independent midwives and breastfeeding counsellors.

We would like to wish you and your family all the best for the future and to thank you for your trust in our clinic.

**Best wishes from the nursing staff
and the midwives**

AndreasKlinik Cham Zug

USEFUL TIPS FOR YOU



Rest and recovery

During the first 8 weeks following the birth, you should take good care of your body. Try to delegate jobs and allow yourself time to rest. If you have had a Caesarean section, do not lift anything heavier than 5 kg for the first 6 weeks.

Emotions

Almost all women experience strong emotional fluctuations after the birth. One moment you feel ecstatic and the next you feel exhausted and sad. These mood swings are completely normal. Tell people how you are feeling. If you feel lethargic and depressed all the time and these feelings do not subside, please tell your partner, the parent support centre or your gynaecologist.

Physical hygiene

You should pay particular attention to your body in the first 6 weeks. Your body is more susceptible to infection during this period. Change your sanitary towel frequently and, whilst in the clinic, use the rinsing bottle to pour water over your vulva every time you pass urine. It takes 4 to 6 weeks until you stop bleeding. Until this has occurred, we recommend that you do not have a bath but instead take a shower or get washed. Use sanitary towels rather than tampons if possible.

If you notice physical complaints such as a raised temperature, foul-smelling discharge, strong bleeding, painful breasts or you generally don't feel well, please contact your physician.

Caring for your breasts

Wash your hands before breastfeeding. Do not use soap or lotion when washing your nipples. When you start breastfeeding, your nipples will be sensitive and it is advisable to limit feeding to 8 – 15 minutes per breast, especially if your nipple tissue is particularly delicate.

Support

To ensure that you feel safe and looked after once you are home, a wide range of personal support is available to you following your discharge from hospital.

We want to be certain that you are well cared for after your stay with us, too. It goes without saying that you can contact the Maternity Ward at any time if you have questions or are unsure about anything. If you have any questions about breastfeeding, you can also contact the clinic's breastfeeding counsellor. Independent midwives and the parent support centre are also important contact addresses for you. You can obtain information about addresses and availability during your stay at the clinic. Please ask the nursing staff.

Breast massage

To prepare your breast for breastfeeding, always use the massage technique described below before you start feeding. Massage requires a little practice, should be gentle, and must never be painful

1

Massaging the breast: use 3 to 4 fingers to make repeated circular movements from the outside towards the areola.



2

Now use the whole palm of your hand to stroke gently from the outer edges on all sides towards and over the nipple.



3

Place your thumb (above the areola) and index finger (below) behind the areola. Your hand thus forms a C. Use gentle pressure to massage horizontally towards your chest.



4

Change the position of your thumb and index finger around your breast to ensure that all milk ducts are emptied. Do not pinch the breast tissue. Do not pull at the nipple.



5

Do not remove your hand from the breast during the massage, but instead roll your thumb and index finger forwards as if you were leaving fingerprints. This exerts gentle pressure on the milk ducts and they are emptied.



YOUR DIET

Diet whilst breastfeeding

A healthy and balanced diet is of particular importance after giving birth. You may hear numerous good, or at least well-intentioned, tips about which types of food new mothers should avoid. However, there is basically no reason to change what you usually eat whilst breastfeeding. If you smoke, try to smoke as little as possible and to smoke after you have finished breastfeeding.

Listen to yourself, your body and your baby. This is how you find out what is good for you.

We recommend that you try to eat a balanced, nutritious and healthy diet. This may include fruit, vegetables, wholemeal products, milk and milk products, meat and fish. Divide your food into 5 to 6 meals a day.

We recommend that you limit your intake of foods that may influence the taste of breast milk. These include, for example, asparagus, garlic and certain spices.

Some babies react negatively to certain foods, e.g. certain types of cabbage, leeks and pulses, stone fruits, citrus fruits in larger quantities, confectionery or preservatives.

Avoid products that you or your partner are allergic to or intolerant of.

Drinking whilst breastfeeding

Let your thirst determine how much you drink. It is important that you drink plenty of fluids. Many mothers are naturally more thirsty whilst breastfeeding. Water, unsweetened tea, diluted fruit and vegetable juices, and barley beverages are suitable. Limit your intake of caffeinated, sweetened and alcoholic drinks. Peppermint and sage tea are not recommended because they affect milk production.



YOUR BABY'S DIET

Breastfeeding

Whether you are breastfeeding or bottle feeding, our aim is to provide sensitive and competent advice and support. Breast milk is the best possible food for your baby. The first few days of breastfeeding in particular play a decisive role in how you as a mother experience and organise breastfeeding later in your baby's life. Each baby is unique. Her sleeping/waking rhythm is as individual as when she wants food and the length of time she feeds for.

We recommend that you let your baby determine when to breastfeed. She will soon find her own rhythm of drinking, sleeping and being awake. Breastfeed your baby 6 to 8 times within 24 hours, with two of these sessions being at night. It goes without saying that mothers who are bottle feeding can count on professional and sensitive advice and support in a breastfeeding-friendly clinic.

Breastfeeding counselling

In addition to the nursing team and the midwives on the Maternity Ward, a breastfeeding counsellor will also be available to you for all issues concerning breastfeeding during your stay in hospital. The breastfeeding counsellor is on the Maternity Ward at various times and comes to see you in your room. Counselling during your stay in the clinic is free of charge.

Once you are at home, you also have the possibility of obtaining breastfeeding advice from a midwife or a breastfeeding counsellor. Your health insurance company will cover 3 counselling sessions.

The Andreasklinik offers you outpatient breastfeeding counselling if you make an appointment by telephone in advance.

Breastfeeding positions

During your stay on the Maternity Ward, you will find out about the various breastfeeding positions, practise latching on and latching off whilst breastfeeding, and learn to recognise the correct suckling pattern for your baby.

Increased milk requirements

During your baby's growth spurts in particular – at about 2 weeks, 6 weeks, 3 months, and 6 months – your baby will be particularly hungry and demand more milk. When this occurs, frequent breastfeeding is good for increasing milk production to adapt it to your baby's increasing need.



Bottle feeding

When using formula, the daily amount of milk is based on your baby's weight. It is about one sixth of the baby's body weight.

For example:

If a baby weighs 3600 grams, the daily amount of milk is 600 grams.

You will find instructions on how to prepare the formula in the package insert in every box of formula. You can prepare the whole amount for a day once a day and store it in bottled portions in the fridge for up to 24 hours. Milk that has been heated up should not be reheated.

Bottles and teats can be cleaned in the dishwasher. Sterilise teats occasionally (once or twice a week).

Need for additional fluid

Your baby basically does not need any additional fluid, irrespective of whether you are breastfeeding or bottle feeding. However, if she is unsettled, e.g. with tummy ache, you can give her a little strong unsweetened fennel or camomile tea as a therapeutic measure.

USEFUL TIPS FOR YOUR BABY

Weight check

Your baby will be weighed regularly without clothes on at the clinic. When you are at home, a weekly weigh-in at the parent support centre is sufficient.

Urine/stools and changing nappies

Change your baby's nappies when required, i.e. also before, after or during feeds.

Your baby should have 5-6 wet nappies a day.

The frequency of bowel movements varies greatly for breastfed babies. Babies can fill their nappies several times a day or once a week. The consistency of what is passed is soft and loose.

You don't always have to change your baby's nappy at night unless she has a sore bottom.

Tip:

If your baby falls asleep on the breast, change her nappy. This will wake her up and you can carry on breastfeeding.

Umbilical care

Until the umbilical cord stump has fallen off, treat it with salicylic sugar powder every time you change a nappy, and clean it with alcohol once a day. The Maternity Ward nursing team will be happy to help you.

As soon as the umbilical cord stump has fallen off, no further special treatment is required. The tummy button may bleed slightly again during the first weeks.

Washing and skin care

Give your baby a bath once or twice a week and wash her face with a soft flannel every day. If your baby has dry skin, use a few drops of almond oil in the bath or rub cream containing almond oil into her skin.



Eye care

Eyes are cleaned from the outside to the inside (towards the nose) using clean, lukewarm water and a clean cloth. If discharge from the eyes doesn't improve after you have washed the eyes for 2 days, please contact your paediatrician.

Ear and nose care

Please use cotton wool to clean your baby's ears and nose, but do not use cotton buds because they may injure your baby.

Nail care

Rub cream containing almond oil into your baby's finger nails and toe nails regularly. This ensures they stay nice and soft until you cut them for the first time. We recommend that you cut the nails when they are hard, i.e. after about 4 weeks. This reduces the risk of injuring the nail bed.

Body temperature

If you think your baby has a raised temperature or is too cold, take her temperature rectally for about 3 minutes. The normal body temperature for a baby is between 36.5 and 37.5 degrees Celsius. Please contact your paediatrician if your baby's temperature is much lower or much higher.

Sleep

A baby needs an average of 12 to 20 hours a day. Have your baby sleep in a well-ventilated room at 18°C to 20°C. Place your baby on her back to sleep. During the day you can place her on her tummy if you are supervising her.

Safety

Never leave your baby unsupervised on the changing table. In the clinic, always take the cot with you for nappy changes and baths.

Going outside

You can take your baby for a walk outside in the fresh air at any time. Make sure that your baby is dressed appropriately for the time of year and that her head is adequately protected against the cold, wind or sun.

Midwife

You are entitled to be cared for by a midwife at home up to 10 days after the birth. We will be happy to provide you with an address.

Parent support centre

We recommend that you visit the parent support centre regularly in the first months. There, experienced professionals will check your baby's health and weight. You will also obtain useful tips on caring for and feeding your baby. The parent support centre is also the ideal place for meeting other parents and exchanging experiences. We will be happy to provide you with the address and details of a support centre near you.

Paediatrician

After you have been discharged from hospital, contact your paediatrician or GP to make a first appointment for your baby in the 4th week after the birth. Take your baby's healthcare record with you.

Gynaecologist

After you have been discharged from hospital, contact your gynaecologist to arrange an appointment for your final examination 6 weeks after the birth.

