Important Warning Signs

You may want to hang this on your refrigerator (or another highly visible spot) for easy reference.

How to care for yourself and your Newborn

Maternal Care

Perineal / Bottom Care: Wash and wipe front to back, and change your sanitary pads often to prevent infection bottle after every urination/bowel movement to aid in hygiene. Bleeding / After pains	n. Use your squirt

Newborn Care