



مستشفى الدكتور محمد الفقيه  
DR. MOHAMMAD ALFAGIH HOSPITAL

Health Education Program

# Awareness Of Pregnant Women And Nursing Mothers





# Content

## Health education curriculum

### Health education sessions:

#### The first session:

- Signs of real labor
- Prenatal sports
- Golden Feeding Hour

#### Second session:

- Benefits of breastfeeding  
(For mother and infant)
- The Basics of Breastfeeding
- The size of the baby's stomach  
And his hunger generals
- The right positions for breastfeeding
- Use of breastfeeding pump
- Health problems that prevent breastfeeding
- New Coronavirus 19

#### Third session:

- Postpartum care
- Baby Care
- Postpartum sports



# Health Education Curriculum



- 1 Status assessment**  
Level (educational, material- health history)
- 2 Planning the treatment plan**  
The plan is based on a case assessment
- 3 Implementation of the treatment plan**  
Verbal, visual, electronic, and applied education
- 4 Evaluation of the treatment plan**  
The patient's understanding of the information  
Obstacles to the educational process  
Patient's need for re-education
- 5 Documenting the educational session**  
By HIS (Yasassi)



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# True Labor Signs



Water Breaking, and leaking amniotic fluid through the vagina



Pain starts in the lower back and spread to the sides then the abdomen



The pain is similar to strong menstrual cramps or diarrhea cramps



Losing the mucous plug



Contractions become more intense when waking





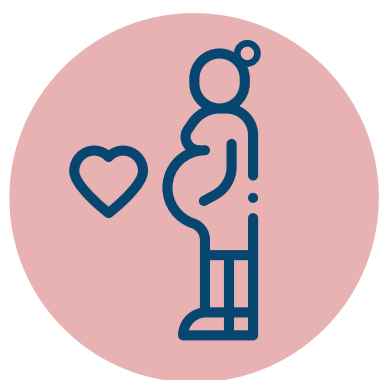
## Pregnant Woman And Exercise



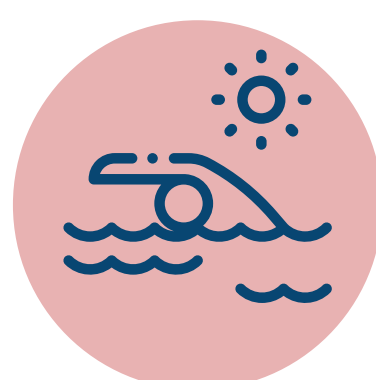
**You can exercise after consulting your doctor**

- It prepare the body for giving birth
- Helps adapt to physical and mental changes
- Contributes to prevention of back pain and constipation

### **Best kinds of Exercise**



**Walking**



**Swimming**



**Yoga**



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# The Golden Hour

(The first hour after birth)

## Important items for the Golden Hour:

Contact mother and baby for at least an hour

## Benefits of breastfeeding in the First hour after birth:

- 1 Early start to breastfeeding
- 2 Regularity of the baby's body temperature
- 3 Low levels of stress in the mother and her baby
- 4 Establishing the bond between mother and newborn
- 5 Stimulates increased breastfeeding and breast milk intake



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# الرضاعة الطبيعية

**Breastfeeding provides health benefits**  
for mothers and infants

**Breast milk is one of the best sources of energy**  
and nutrients for infants aged 24-6 months

**Breast milk adapts to your baby's development**  
to meet his changing needs

**Formula milk does not provide any health benefits**

**Breastfeeding has long-term benefits for your baby**

**The longer breastfeeding,**  
the longer the disease is prevented





# Benefits Of Breastfeeding For baby



- 1 Ideal nutrition for infants.
- 2 Easily digested than infant formula.
- 3 Breast milk contains **antibodies** that help your baby fight off viruses and bacteria
- 4 They also have fewer **hospitalizations** and trips to the doctor.
- 5 Breastfeeding has been linked to **higher** IQ scores in later childhood in some studies.
- 6 The physical closeness, skin-to-skin touching, and eye contact all help your baby bond with you and **feel secure**.
- 7 Breastfed infants are more likely to gain the right amount of weight.
- 8 It's been thought to **lower the risk** of diabetes, obesity, and certain cancers as well, but more research is needed.





## Benefits of Breastfeeding For mother



- 1 Breastfeeding burns extra calories, so it can help you lose pregnancy weight faster.
- 2 It releases the hormone oxytocin, which helps your uterus return to its pre-pregnancy size.
- 3 Reduce uterine bleeding after birth.
- 4 Breastfeeding also lowers your risk of breast and ovarian cancer.
- 5 Lower your risk of osteoporosis.
- 6 Saves you time and money.
- 7 Regular time to relax quietly with your newborn as you bond.





# Baby's stomach Size



**Breast milk** is all a baby needs to feel full as the baby's stomach gradually grows as he grows older.



## Baby one day old

The size of the stomach is equal to the size of a cherry.

**Capacity 7-5 ml**



## Three-day-old baby

Stomach size equals walnut size.

**Capacity 27-22 ml**



## One-week-old

Stomach size equals apricot size.

**Capacity 60-45 ml**



## A two-week-old baby

The size of the stomach is equivalent to an egg.

**Capacity 150-80 ml**



# The right Positions To breastfeed



## The right practices:

- Lactation begins in the first hour after birth.
- Breastfeeding for the first 6 months of the baby's life.
- Do not use baby bottles and lollipops.
- The baby starts eating in addition to breast milk After the first 6 months.



## Breastfeeding Positions



Carrying the baby  
in the position of  
**The cradle**



Carrying the baby  
in **Cross-Cradle**  
**Position**



Carrying the  
baby in **Lateral**  
**Lying Position**



Carrying the  
baby in a  
**Football**  
**Position**



# Breastmilk Pumping

Pumping milk helps breastfeed baby from birth



## Benefits of Breastmilk pumping:

- Milk is generated and facilitates the feeding of Babies and preterm infants.
- Provide natural feedings in case the mother returns to work.
- Easy breastfeeding outside the home.
- The ability of family members to breastfeed the Child at the time of the mother's rest.
- Provide adequate food for the baby before they are hungry.

## Tips

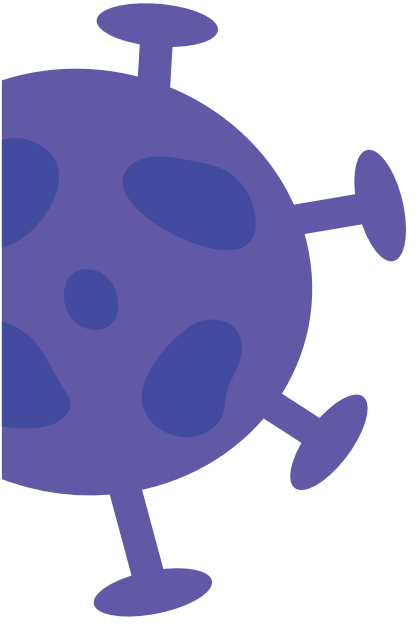
- ♥ To provide a saturated feeding, the mother uses the pump for 20-15 minutes, extending to 30 minutes in the first days after birth.
- ♥ The milk stays valid at room temperature for 4 hours when kept away from heat sources.
- ♥ Milk can be stored in the fridge for 4 days and in the freezer for 6 months.



# Health conditions That prevent breastfeeding

- 1 HIV-infected mother.
- 2 The mother with untreated active tuberculosis.
- 3 The mother who is receiving chemotherapy for cancer.
- 4 An infant develops a rare condition called Galactosemic that does not enable him to Digest the natural sugar found in breast milk.
- 5 Use certain medications, such as some medications for migraines, Parkinson's disease or arthritis.





# Breastfeeding During corona

[ There is **no evidence** of virus transmission through breastfeeding. ]

**It is preferable** to start breastfeeding within the first hour after birth to:

- Increase Production of breast milk.
- Raise the baby's immunity.

**Continue breastfeeding by applying appropriate precautions:**

- Wearing a mask.
- Wash your hands with water, soap or antiseptic containing alcohol, Before and after touching the baby.
- Clean and sterilize touched surfaces.
- The mother should wash the breast only if she has a cough.

**Otherwise** there is no need to wash it every Time before breastfeeding.





وزارة الصحة  
Ministry of Health



## Pregnant women and preventive steps against the new Corona virus

Pregnant women are more exposed to viruses in general, by way of consequence :



Always keep your hands clean



Follow up with your doctor



Make sure you stay at a distance of at least one meter away from other persons



Avoid touching your eyes, nose, and mouth



Make sure you take balanced food



Respect the sneezing and coughing protocol



If you feel any symptom, consult the Ministry of health



Make sure to drink liquids, especially water



Stay away from sick and infected people

An initiative by MOH



عيش  
بصحة  
Live Well

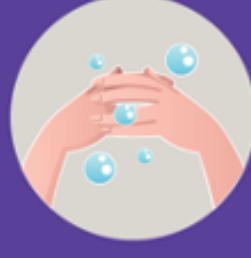
## لحماية طفلك الرضيع وقت كورونا



عند ظهور أعراض عدوى تنفسية  
مثل الحمى أو الكحة أو ضيق في التنفس:



**اغسلي او امسحي**  
منطقة الثدي جيدا  
قبل الرضاعة وبعد  
الرضاعة.



**اغسلي يديك جيدًا**  
بالماء والصابون أو  
المطهر قبل وبعد  
لمس الرضيع.



**احرصي على**  
**تنظيف وتطهير**  
الأسطح المستخدمة  
بشكل روتيني.



**استخدمي**  
**الكمامة وقت**  
الرضاعة وعند القرب  
من الرضيع.

## عند تأكد الإصابة بـ COVID-19

ووجود مضاعفات تمنع استمرار الرضاعة الطبيعية المباشرة:

اعصري الحليب وادفنيه في الثلاجة لمدة ٣ أيام وفي  
الفریزر لمدة ٦ أشهر بدرجة حرارة (-18° C) أو ابرد .



احرصي على تنظيف وتعقيم الأدوات والأسطح.



عند عدم القدرة على الإرضاع بسبب المضاعفات يمكنك  
التوقف ومعاودة الرضاعة بعد الشفاء .



لم يثبت حتى الآن انتقال عدوى فيروس  
كورونا من الأم لطفلها عن طريق  
الرضاعة الطبيعية

إحدى مبادرات وزارة الصحة

عش  
بصحة  
Live Well



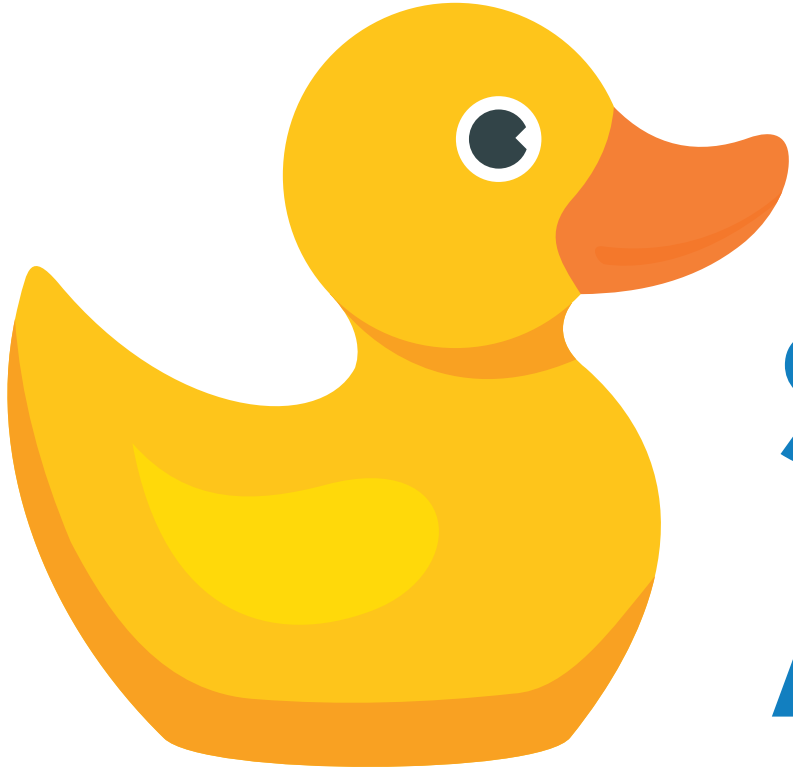


## Why are postpartum Checkups Important



- Monitor the Mother's health and recovery.
- To discuss the mother's general emotional status.
- To discuss possible contraception methods.
- To discuss vaginal discharge, especially if it is persistent.
- To discuss how to regulate the menstrual cycle.
- To examine the incision position and the stitches in case of caesarean section or any surgical intervention
- To monitor the mother's blood pressure especially if she faced any issues during or after delivery
- To discuss required vaccines.



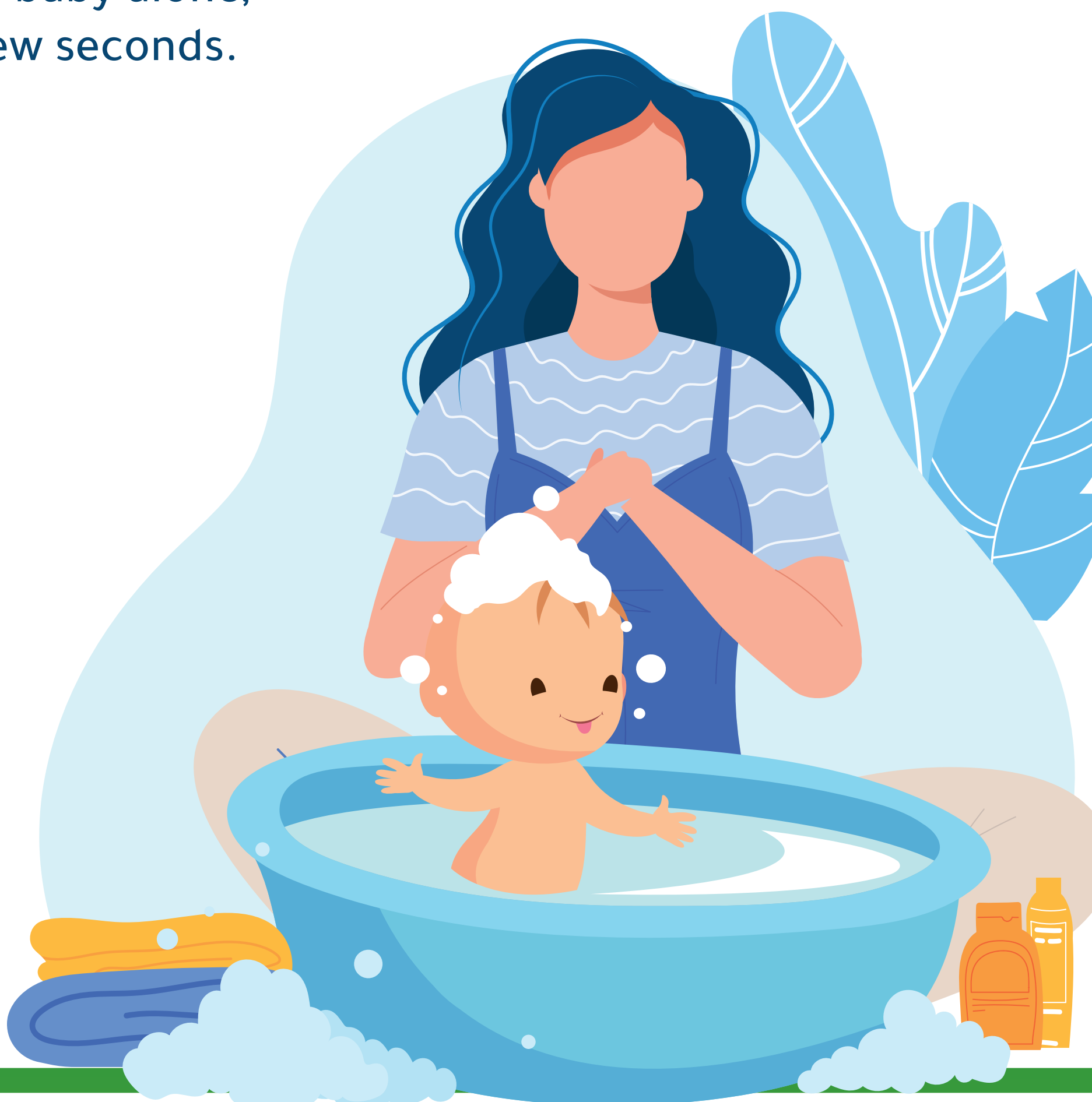


# Shower And skin care

To avoid dehydration, newborns should only bathe once to twice a week

## During shower

- Give your baby a sponge bath with a soft towel and gentle soap.
- Children should not be put in the water for bathing until the umbilical cord falls.
- Prepare all the tools you need before you start.
- Don't leave your baby alone, not even for a few seconds.





## Exercising after Giving birth

- You can start exercising after consulting a doctor.
- It is recommended to exercise your abdominal and back muscles first.
- Exercise is recommended for 30-20 minutes daily.
- Stop exercising when you feel pain.



### Benefits of postpartum resin:

- Enhance the vitality and energy of the body.
- Relieve stress.
- Strengthening the contraction of the abdominal muscles.
- Prevention of postpartum depression.
- Improve sleep quality.





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## Sources

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- <https://youtu.be/bOmi5eERYIY>
- [https://www.unicef.org/nutrition/index\\_breastfeeding-ten-steps.html](https://www.unicef.org/nutrition/index_breastfeeding-ten-steps.html)
- [https://www.fairview.org/sitecore/content/Fairview/Home/Patient-Education/Articles/English/i/n/c/i/s/Incision\\_Care\\_After\\_Vaginal\\_Birth\\_82258](https://www.fairview.org/sitecore/content/Fairview/Home/Patient-Education/Articles/English/i/n/c/i/s/Incision_Care_After_Vaginal_Birth_82258)
- <https://www.whattoexpect.com/pumping-breast-milk.aspx>