

New baby in family



FOR THE READER

This guidebook tells you some basic information about pregnancy and childbirth.

The text is easily understandable English.

At the end of this guidebook you will find some useful contact details.

From there you can get more information about these themes.

We hope that this guidebook is useful for you!

CONTENT

| | |
|---|----|
| THE BEGINNING AND DURATION OF PREGNANCY | 4 |
| BODY CHANGES DURING PREGNANCY | 6 |
| THE BABY | 12 |
| MATERNITY CLINIC..... | 13 |
| INTOXICATING SUBSTANCES | 16 |
| EXERCISE | 17 |
| CIRCUMCISION..... | 19 |
| CHILDBIRTH..... | 21 |
| AFTER CHILDBIRTH | 25 |
| BREASTFEEDING..... | 27 |
| POSTNATAL CHECK..... | 28 |
| CONTRACEPTION AFTER CHILDBIRTH..... | 29 |
| FAMILY | 30 |
| USEFUL CONTACT DETAILS | 33 |
| YOUR OWN NOTES..... | 34 |

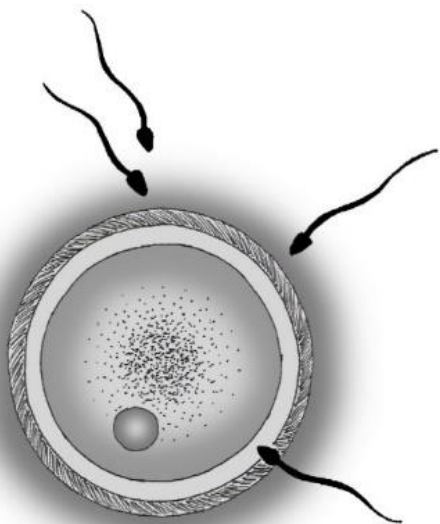
THE BEGINNING AND DURATION OF PREGNANCY

Pregnancy begins when the female egg is fertilized by the male sperm cell.

Fertilization occurs in the fallopian tube.

Sexual intercourse without contraception can lead to pregnancy.

Men's sperm cells can live in a woman's body for up to four days.

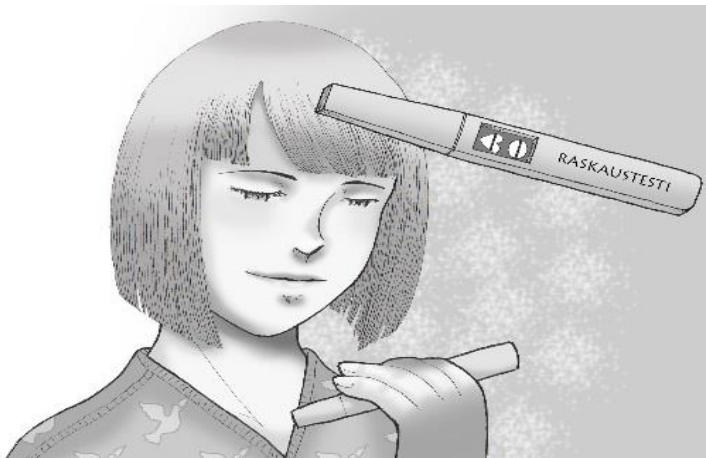


You can buy a pregnancy test at the pharmacy.

The pregnancy test will show you if you are pregnant or not.

Female egg and four male sperm cells

Pregnancy lasts an average of 280 days (40 weeks) from the first day of your last menstrual period. Normally babies are born between 37 and 42 weeks.



Positive pregnancy test

BODY CHANGES DURING PREGNANCY

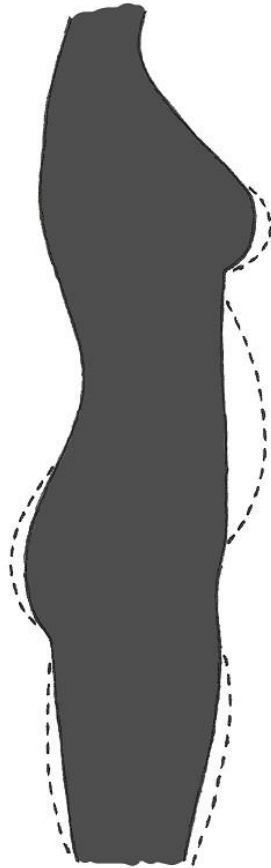
Mother's body changes during pregnancy.

The baby grows in the womb and at the same time mother's belly grows.

Breasts are also getting bigger and they can feel sore.

Breasts are preparing for breastfeeding right from the start of pregnancy.

Milk production starts at the end of pregnancy.

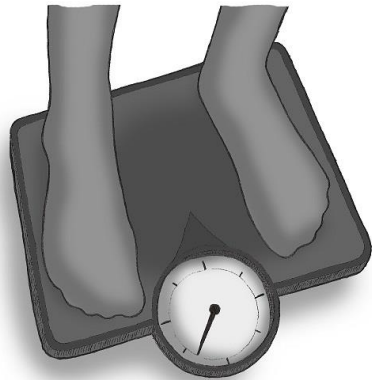


Normally mother gains 10-12 kg during pregnancy.

Overweight women may gain a bit less.

Your legs can feel heavy if they are swollen.

Moving and elevating your legs regularly may help for that.



During pregnancy, it can feel harder to breathe, but that is normal.

You can get stretch marks when your skin stretches.

Skin can feel itchy because of that.

As the baby grows, your body has increased nutritional needs.

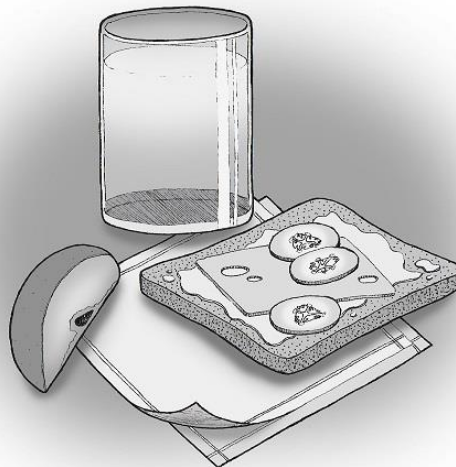
Despite of that, there is no need to eat much more food than normally.

For example, a sandwich and fruit is a sufficient amount to add your daily diet.

During your pregnancy, you need more vitamins than normally.

In Finland, it is recommended to have an extra amount of vitamin D and folic acid.

You can buy vitamins from the pharmacy.



Healthy snack

Blood sugar can rise during pregnancy.

If the blood sugar level is too high, there may be a variety of health problems for the baby and the mother. For example, the baby can grow too big. High blood sugar is treated with diet and, if necessary, medicines.

Exercise and healthy diet are important for the baby and mother as well.

Fasting is not good for a pregnant mother or a baby.

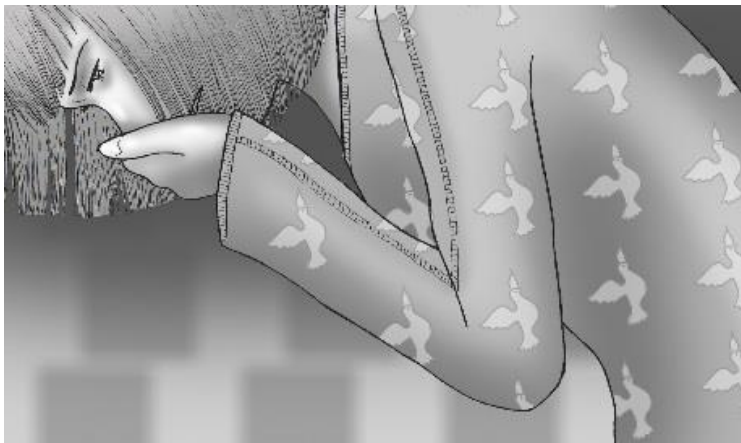


Healthy meal

Many women have nausea and vomiting at the beginning of pregnancy.

Resting can help reduce nausea.

Nausea can be relieved also by eating small meals many times a day.



Heartburn and constipation are common complaints during pregnancy.

You can ease them by drinking enough and eating healthy.

From the pharmacy you can buy medicines to relieve heartburn and constipation.

During pregnancy there may be pain, for example in the back.

Pain can be relieved by using heat or by changing the position.

If the pain is severe, you can buy a pain killer from the pharmacy, for example Panadol.



Pain killer

Fatigue and insomnia are normal complaints during pregnancy.

You can ease them by a regular day-night rhythm. For example, during the day it is good to exercise and go outdoors.

It is good to go to bed at the same time every night.

If fatigue and insomnia feel difficult, contact the maternity clinic.

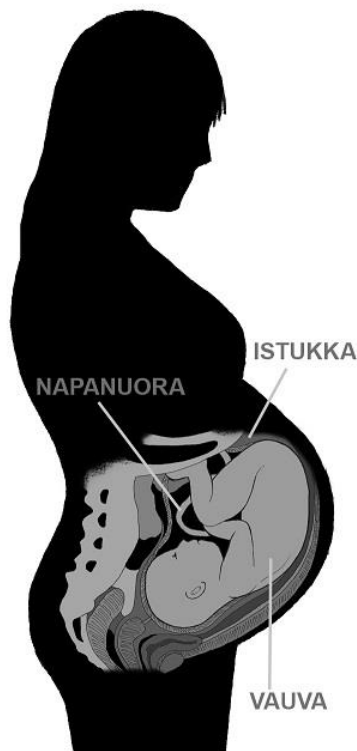
THE BABY

Baby (=vauva) moves in the womb.

Mom can feel movements after the pregnancy week 20.

Sometimes the baby is sleeping and then no movement is felt.

If the baby moves less than normally, it is recommended to call your maternity unit.



As the baby grows she/he needs different nutrients and oxygen.

Nutrients and oxygen pass through the placenta (=istukka) and the umbilical cord (=napanuora) between the mother and the baby.

Mother and baby both have their own bloodstreams.

MATERNITY CLINIC

In Finland, the maternity clinic services are free for all pregnant women.

There are at least eight visits to the clinic, and two of them are medical examinations.

Visiting a maternity clinic is voluntary.

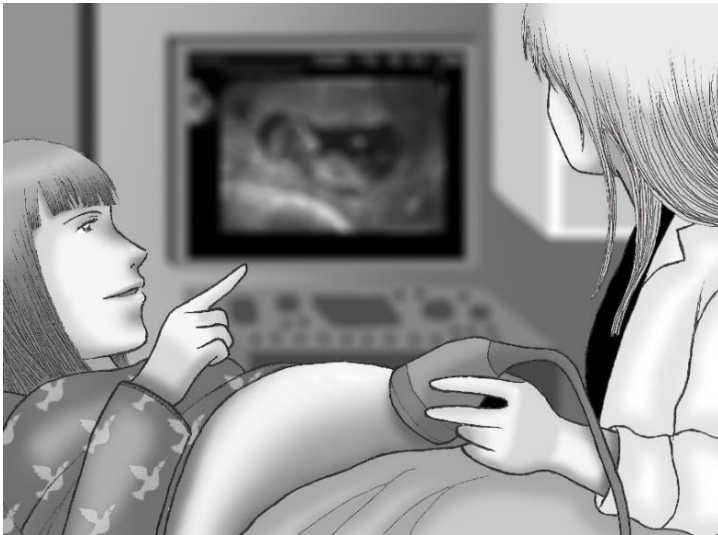
You can call the maternity clinic when you think you are pregnant.

Both parents are welcome to the maternity clinic. The health of the mother and baby is monitored at the maternity clinic. Maternity clinic nurse inquiries about family's health and wellbeing issues. For example, talk about partnership, nutrition and substance abuse.

Different studies are made at the maternity clinic. Blood pressure, weight and urine test are measured by the mother every visit. If necessary, hemoglobin can also be measured. Baby's growth is monitored by measuring the mother's abdomen growth. Baby's health is monitored by listening baby's heartbeat. In the end of pregnancy, the baby's posture in the mother's womb is monitored.



During the pregnancy, two ultrasound screenings are performed for the baby if the parents so wish. The baby's health can be further explored at the ultrasound screening. The ultrasound screening does not hurt the baby or mother.



In Finland, it is customary that the maternity clinic nurse visits the family at their home after the birth of the baby. At the visit baby's and mother's health is checked.

INTOXICATING SUBSTANCES

During pregnancy, it is not good to drink alcohol at all.

Alcohol has a negative impact on baby's growth and health.



Different intoxicating substances

Smoking during pregnancy causes a lot of trouble for the baby.

Smoking cuts down the baby's supply of oxygen and the baby may be born too early.

It is always good to quit smoking, also at the any stage of your pregnancy.

Various drugs and strong medicines are also dangerous for the baby.

EXERCISE

Exercising is important during pregnancy.

It helps you to stay healthy.

It also prevents excessive weight gain.

Find the type of exercise that feels good to you.

Suitable forms of exercise can be for example
brisk walking, nordic
walking, skiing, gym,
swimming and aqua gym.



Nordic walking

Exercise is appropriate when you are breathless, but you can still talk.

For pregnant women it is not recommended to do exercise with a high risk of falling or injuring.

After giving birth, it is good to start moving calmly.

Exercise refreshes and helps the mother to recover from giving birth.

Exercising does not adversely affect breastfeeding.

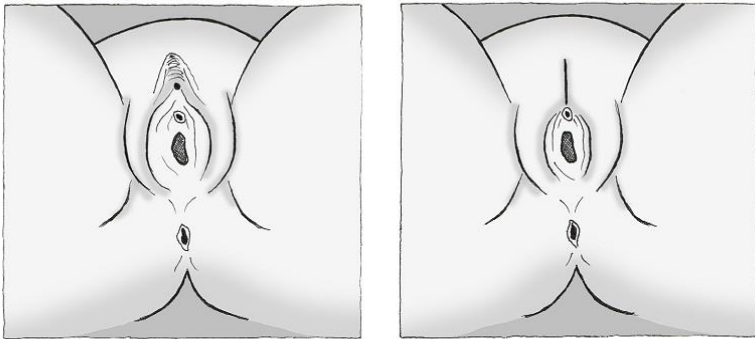
The best time to exercise is right after breastfeeding your baby.

CIRCUMCISION

In some countries, female circumcisions are common.

In circumcision woman's sexual organs are sewn together and may even be removed.

Finnish law forbids female circumcision.



Female circumcision can cause various health problems.

For example, menstrual and urinary problems may be caused by circumcision.

In addition, circumcision can make sex life difficult and painful.

If you have been circumcised, please feel free to talk about it at the maternity clinic. There, the matter will be discussed together.

Female circumcision can cause problems with childbirth.

The opening surgery can be performed if the circumcision threatens the health of the mother or the baby.

In opening surgery, the woman's labia is opened. It makes childbirth easier.

It also helps with urinary and menstrual problems.

Open Surgery would be good to do before pregnancy.

It can also be done during pregnancy or childbirth when needed.

In Finland, labia is not sewn together again.

CHILDBIRTH

Childbirth starts normally between 37-42 pregnancy weeks.

Childbirth may start with either constrictions or flowing of the amniotic fluid.

In Finland, women are usually giving birth in a hospital.

Father or other support person often comes in the hospital and childbirth with the mother.



Pain in childbirth is relieved by various methods.

You can request how to ease the pain.

At the hospital, you get all necessary medicines according to a doctor's order.

In addition, pain can be relieved by massage, warm water, movement and calm breathing.

At the childbirth, the cervix opens and the contractions are regular.

When the cervix is completely open, you can start to push the baby out with the permission of the midwife.

You will push during constrictions until the baby is born.

If you want, the baby is placed alongside you and you can breastfeed her for the first time.

After the birth of the baby, the placenta loosens and the midwife assists it out.



Vaginal delivery

The baby and mother are normally monitored in the hospital for 2-3 days.

In the hospital the baby is alongside her mother all the time.

Generally, a vaginal delivery is the most preferred option.

In Finland, only a small proportion of babies are born with caesarean section.

In the caesarean section, a slit is applied to the mother's stomach, from which the baby is helped out.

Caesarean section is made under anesthetic.

During the operation mother is awake, but she does not feel the pain.

Caesarean section can be planned in advance, for example if the baby is in the breech position.

Sometimes, a vaginal delivery can become a caesarean section, for example, if the birth does not progress.

AFTER CHILDBIRTH

After childbirth, the baby gets acquainted with her parents.

The first few weeks the baby is sleeping much and the mother recovers from childbirth.

Mother's body has recovered from childbirth after three months.

Two weeks after childbirth, you can go outdoors with your baby.

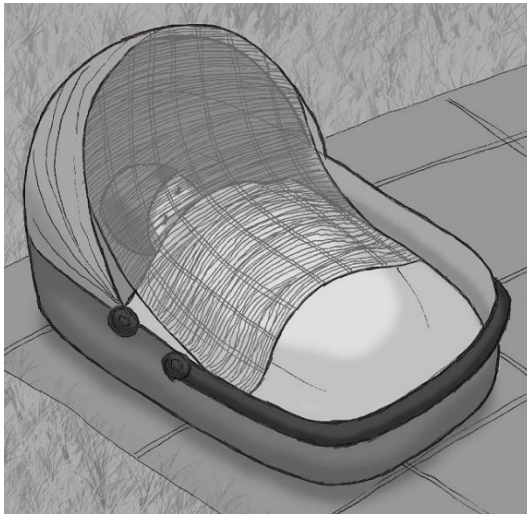
You can go out if the frost is less than -10 degrees.

In cold weather the baby should have warm clothes.

In summer the baby needs to be protected from hot and sun.



Baby in winter



Baby in summer

BREASTFEEDING

Breastfeeding is good for the relationship between mother and baby.

Breast milk is the best food for a baby.

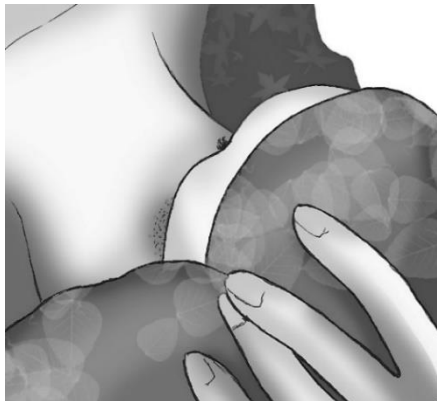
Normally your baby does not need other food for up to six months.

After that, the baby is good to breastfeed in addition to the rest of the food.

The baby eats at his own pace and reports hunger.

Sometimes the baby eats more often and sometimes less frequently.

Guidance for breastfeeding can be obtained, if needed, by a midwife in hospital or at the maternity clinic.

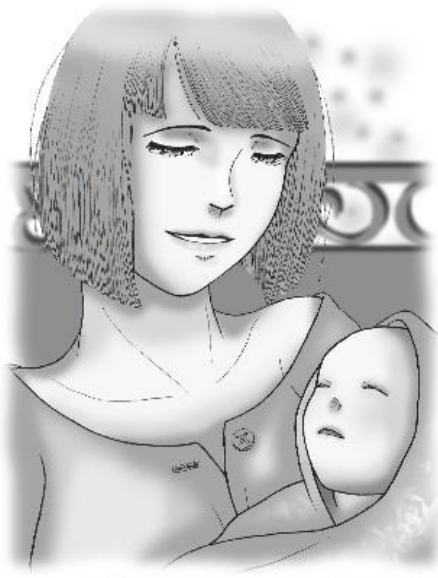


POSTNATAL CHECK

A doctor or nurse makes you the postnatal check 5-12 weeks after childbirth.

At the postnatal check you will talk about the childbirth, family's situation and contraception.

You will have a vaginal examination, your urine is tested and your weight and blood pressure is measured.



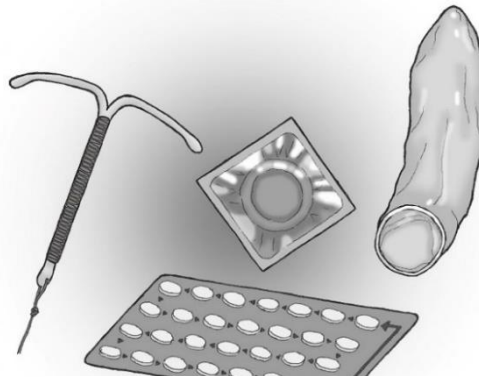
CONTRACEPTION AFTER CHILDBIRTH

Contraception is needed for a woman's fertile age if she does not want pregnancy.

Breastfeeding protects against pregnancy after childbirth, but it is not a reliable method of contraception.

Soon after giving birth, you should choose a contraception such as a condom, contraceptive pills or a contraceptive coil.

At the maternity clinic you can talk about the best options for you.



Different contraception methods

FAMILY

Waiting for a baby is exciting for the whole family. Pregnancy and baby affect the marriage and sexuality.

A good relationship with the mother will help the father to get to know the baby already during pregnancy.

For baby's development and parents it is good if both parents are involved in baby care.

Mother gets time to take care of herself and father gets a new experience in taking care of the baby.

Even a small baby recognizes father and mother and become attached to both parents.

However, many men do not have any experience with a father involved in child care.

Initially, baby care may seem difficult but you will learn by doing it.

Getting a baby into a family is a big change for the other children of the family.

Children may be jealous of a new baby.

It is good to talk to your children about the baby already during pregnancy.

Normal routines make it easier to adapt to the new situation when the baby is born.

It is important for parents to spend some time alone with the baby's siblings also.





USEFUL CONTACT DETAILS

Your maternity clinic: _____
phone number: _____

Maternity clinic duty phone (Kuopio)
mon–thu at 8–15:30 and fri at 8-14
p. 044 718 1668

KYS Women acut care center
(Maternity hospital Kuopio)
p. 017 172 361

Information about giving birth in KYS
(in Finnish):
<https://www.psshp.fi/potilaat-ja-vierailijat/synnyttajat>

More information about pregnancy and
childbirth (in Finnish):
<https://www.terveyskyla.fi/naistalo/raskaus-ja-synnytys>

YOUR OWN NOTES

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SAVONIA



Setlementti
Puijola