

# There are no stupid questions.

---

## *Women's Health: New Mom Guide*

Our expert women's health team answers your commonly asked questions from new mothers.

**Upland Hills**<sup>®</sup>  
Health 



## **New Mom Guide**

Welcome to the best of times and what might feel like the worst of times! This is a time of major transition for you and your family. It's important to take care of yourself as much as possible so you can best care for your new little one. Here are some frequently asked questions from brand new mothers. Hopefully we can address some of your concerns and help you make your baby's first days peaceful and joyful!

## 1. How do I know if my baby is getting enough to eat?

**Dr. Hartline:** Your baby will tell you both through feeding cues and through how his or her body changes. We keep close track of your baby's weight in the first few days of life. Most babies lose a little bit of weight in the first few days, then start to gain in the day or two after mom is ready to leave the hospital.

## 2. How much crying is normal for new moms?

**Dr. Hartline:** It is not uncommon for moms to have “baby blues” where they are more tearful than usual in the first two weeks after giving birth. However, if a new mom is losing sleep, feels like she isn't enjoying life, feels like she can't care for her baby, or feels like she wants to harm herself or another person, it is time for her to see a doctor.

## 3. What are some tips for getting as much sleep as possible with my newborn?

**Dr. Hartline:** Sleep can be challenging for any new mom. Instead of trying to sleep through the night, which most likely won't happen, just sleep when the baby sleeps: 2 or 3 hours here and there. It gets better eventually, I promise!

## 4. I want my partner to be involved. If I decide to breastfeed, how can my partner be involved?

**Dr. Hartline:** There are many ways to have your partner be involved without bottle-feeding. One thing that is especially healthy for newborns is “skin-to-skin” time where babies spend time nuzzled up direct against their parents’ skin to gain warmth and get to know each other. It’s helpful to avoid bottles and artificial nipples (*like pacifiers*) in the first few days after birth while baby learns how to breastfeed straight from mom, but there are plenty of other ways for partners to be involved — like diaper and clothes changes, baths, burping and soothing.

## 5. How do I know if I’m recovering normally or if there’s something wrong?

**Dr. Hartline:** In general, don’t hesitate to call your doctor if you have concerns! A good rule of thumb is if you feel like things are getting worse rather than getting better—more pain, more vaginal bleeding, feeling worse emotionally, anything!—it is worth coming in for evaluation.



## Know Where to Go

There are many resources out there for information about becoming a new mom. Take time to research information for help or other opinions, and feel free to have the doctor double check your finding just to be safe. Remember, we are here for you throughout this special time! If you have any questions or concerns, schedule an appointment with one of our incredibly helpful providers at UHH.

# Meet the Experts

## UHH Women's Health Team



Dr. Rachel Hartline  
*Family Medicine with Obstetrics*

Dr. Rachel Hartline is a family medicine physician who also does obstetrics. She knows becoming a new mom can be an emotional time, so feel free to make an appointment to address any questions that might come up.

Dr. Hartline cares for patients at our Highland, Montfort and Spring Green clinics. To schedule an appointment with her, please call:  
608.929.4518 (Highland clinic)  
608.943.6308 (Montfort clinic)  
608.588.2600 (Spring Green clinic)

To learn more about women's health at Upland Hills Health, visit [uplandhillshealth.org/womenshealth](http://uplandhillshealth.org/womenshealth)