

a. Care of the Mother

MODULE 7

Whether you have a vaginal or cesarean birth, you will notice many changes in the hours and days following your baby's birth. Physically, your body recovers from childbirth and gradually returns to its pre-pregnant state. Emotionally, you get used to the idea of being a mother and begin to know and love your baby.

Rest and time with your baby will help to ease you through these changes.



While you are in the hospital, your temperature, pulse, and blood pressure will be checked. Your abdomen will be checked to see that your uterus is firm and returning to its normal size. If you have had an episiotomy, it will be checked to see if it is healing well.

Speak to the nurse or your health care provider if you have any questions about your body, your baby, or your new family