

## Congratulations! Your baby has arrived. Need reliable information?

**The Early Years** 2nd ed. book is published by Alberta Health Services and it is provided for free to all parents in the province. The team at Riley Park Maternity Clinic highly recommend it as an excellent source of information.

A great resource for contraceptive options is [www.sexandu.org](http://www.sexandu.org). Please review prior to your 6 week postpartum doctors' visit.

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## Pelvic floor Information

Whether you delivered your baby vaginally or had a caesarean section, being pregnant alone can change the function of your pelvic floor muscles. During labour and birth, your pelvic floor stretches to allow your baby's head to pass out of your uterus and through your vagina.

Having a weak pelvic floor makes it harder for you to squeeze the muscles (sphincters) at the bottom of your bladder to stop urine from escaping, especially when you cough, sneeze or exercise. While this is a common symptom after having a baby, there are steps you can take to treat it and prevent it from getting worse. Here are some resources to help you rehabilitate your pelvic floor postpartum.

## Pelvic Floor Resources

**To view the online videos** (by the Pelvic Floor Clinic in Calgary):

Type in search engine → AHS Pelvic Floor clinic → Pelvic Floor Clinic Alberta Health Services → Patient Education → Your Body After Baby (under "Physiotherapy Education Modules")

## Additional online resources:

[www.thepregnancycentre.com](http://www.thepregnancycentre.com)    [www.simonfoundation.org](http://www.simonfoundation.org)  
[www.pelvicfloorfirst.org.au](http://www.pelvicfloorfirst.org.au)    [www.canadiancontinence.ca](http://www.canadiancontinence.ca)

**Healthy Parents, Healthy Children "Pregnancy and Birth"**

2nd edition Pages 49 – 50

## Pelvic floor physiotherapist:

Recommend for every woman post partum, visit:  
[www.physiotherapyalberta.ca](http://www.physiotherapyalberta.ca)