



## **September e-newsletter, 2009**

### **Topic: Being Well Prepared**

September is National Preparedness Month, so to celebrate, we will discuss some of the more practical aspects and transitions brought on by pregnancy, as well as parenting. Some of these transitions might require some special preparation and considerations, so we will explore them together and make sure you are as prepared as a Boy Scout for any situation!

Enjoy!

Nurse Wendy

#### **Prepared for Pregnancy**

While pregnancy holds such joy and hope, there are also some, shall we say, more interesting occurrences and side effects that might require some special consideration, and of course, preparation.

Most women experience some amount of morning sickness during their pregnancy. For some, it is merely fleeting nausea, and for others it is an inability to keep much, if anything, down. On those truly bad days, it would be best if you could simply stay home and rest in bed. However, that is not always possible. If morning sickness is your nemesis, a little preparation and a well-packed bag can go a long way! When you must be on the move, pack high protein snacks since they take longer to digest, and have a better chance of staying down. Also, keep fluids on hand. Room temperature fluids will keep you hydrated and keep your stomach from being empty which can trigger vomiting. Lastly, keep mints, gum, and a toothbrush on hand in case you need to freshen up after an episode.

Another situation that might present itself is incontinence. It is very common for pregnant women to lose some urine when coughing, sneezing, or even with a strong kick from your little passenger. Due to the extra weight of the uterus sitting on the bladder, all it may take is a bit of pressure and...oops! To help avoid the situation, be sure that you are strengthening those uterine muscles by doing daily kegel exercises! In the name of being well prepared for the situation, you might consider wearing a sanitary or incontinence pad to help keep the incident a secret.

#### **Preparing for Labor Day**

The big day will be here before you know it, which may bring on some anxiety as well. Questions like "how will I know I am in labor?" and "what if my water breaks at the grocery store?" can drive a pregnant woman crazy!

A few years back, I received a panicked call from a girlfriend. She said "I'm sitting in my car eating lunch and my water just broke all over my seat. What do I do?" After I stopped laughing, I told her to go home and change her panties, call her doctor and go to the hospital. While it is funny to joke about, many

moms have the fear that their water will break in a strange place. It is important to remember that when your water breaks, you are only talking about a small amount of fluid, the baby's head will act as a cork. Amniotic fluid will continue to dribble out and be produced throughout your labor, but it is not enough to flood the aisles of the grocery store. In preparation for such an instance, I advise moms, in their last few weeks of pregnancy, to place a bath towel or waterproof pad on their car seat, as well as putting a shower curtain liner or waterproof pad under your sheets in bed to protect your mattress. Additionally, carrying an extra pair of underwear and sanitary pads in their bag is also a good idea...just in case!

Another situation that can put a damper on your baby's birthday, is forgetting some of the essentials once you arrive to your birth location. I cannot tell you how many times I have seen the baby crowning only to hear dad say "Darn it! My camera battery died!" While this can be very frustrating for the family, this is pretty easy to overcome. In preparation for the big day, be sure to make many lists of the things you wish to bring with you to your birth location (don't forget extra batteries and charging cords for cameras and cell phones) as well as phone numbers for calls that need to be made on the big day.

Another excellent consideration is to hire a Certified Perinatal Support Specialist or a doula for your birth. This is a woman who will act as your personal birth coach. She can assist you and your partner with contractions by offering contraction support, lend her expertise on the birth process and comfort measures, as well as handle the other details, including coordinating your birth so that nothing gets lost in the shuffle or excitement.

Bottom line is that no matter how prepared you are for your baby's birth day, flexibility and maintaining your sense of humor is the key to enjoying all that your birth has to offer. Remember, you get a pretty amazing gift at the end of the day!

### **Being a Well-Prepared Parent**

I remember the early days as a new mom...I thought I was invincible! A few weeks after my baby was born, I made an appointment with his pediatrician for 9:00 in the morning. The receptionist asked, "Are you sure?" which I thought that was a funny question. Well, the morning arrived and I got my little man ready to go. The morning was running along just like clockwork until he started to cry. So I nursed him quickly and then set him in his car seat. As we walked out the door, I heard a diaper blow out! Okay, out of the car seat, change the diaper, change the clothes and back in the car seat. At that point, he decided to spit up, so I was back to the drawing board. Needless to say, it was 10:15 when I arrived at the doctor's office and there sat the receptionist with a smile on her face!

No matter how organized you are, a baby has a way of throwing a monkey wrench into your day! This is where some advance planning comes into play. Always schedule your appointments for midday so that you have plenty of time for the inevitable baby delays and never plan for just one outfit. A newborn can go through 3-4 outfits in a single day.

Going out and about with a baby can also present some opportunities for preparation as well. A dear friend of mine took her two month old baby to the grocery store. She had the baby in a front pack carrier and all was going along swimmingly, until...you guessed it, the familiar noise from the diaper and she felt warmth running down her legs, then down to the ground. Embarrassed and humiliated she pulled some paper towels off the shelf and began stuffing them into the leg holes of her daughter's diaper. She rushed out to the car and tried to remedy the situation with her stolen paper towels and all! She was so humiliated, that she left her cart of groceries and headed home.

While no preparation in the world can ensure you won't experience an untimely incident, knowing that you have a well-stocked diaper bag and a change of clothes for you and the baby will ensure that you can continue on with your day and complete your errands. I always recommend that you stock your diaper bag with all the essentials and check it frequently to refill those essentials. Additionally, keep a couple of plastic bags, clean diapers and wipes, and change of clothes in the trunk of your car, just in case you find your diaper bag empty.

It is a very good idea to keep a small journal in your diaper bag that tracks all your pediatrician visits and medication history for your child. In the event of an emergency or unexpected trip to the doctor, you will have all the vital stats at your fingertips and not have to make any unnecessary phone calls. This will allow you to exclusively tend to your baby.

"Be prepared" is not only a great motto for the Boy Scouts, but for motherhood as well. Thinking ahead will help ensure easier days on the road to come, creating more time for you to enjoy your baby! Join us next month when we discuss choosing a care provider for both yourself and your child. You will learn tips and tricks to make sure you find the perfect match.

Enjoy the last lazy days of summer and be well!

## **QUESTIONS?**

Email me at: [AskNurseWendy@PacifiCord.com](mailto:AskNurseWendy@PacifiCord.com)

## **RESOURCES:**

Certified Prenatal Support Specialist/Doulas-

[www.birthwisdom.com](http://www.birthwisdom.com)

[www.dascdoulas.org](http://www.dascdoulas.org)

Essential What-To-Do Guide for Infant Emergencies-

<http://www.amazon.com/Medbasics-Essential-Guide-Infant-Emergencies/dp/B001ULC65A>

The "Be Prepared" Diaper Bag by JuJuBe-

<http://www.ju-ju-be.com/>



## EVENTS:

### September Events-

**Benefit for California Association of Midwives** Saturday, September 12<sup>th</sup>, 7pm

Recital Hall at Balboa Park, San Diego, CA

In association with the *Natural Birth Project* ([www.naturalbirthproject.com](http://www.naturalbirthproject.com)), the *California Association of Midwives* hosts the play "Birth" by Karen Brody. CEU's will be provided for professionals, and the first 50 attendees receive a free gift bag from PacifiCord! Buy your tickets today!

**"The Great Vaccine Debate"** Wednesday, September 16<sup>th</sup>, 2009 9am - 1pm

Hoag Memorial Hospital, Conference Center, Room CC1 & CC2, Newport Beach, CA

*Milkalicious™* (<http://www.milkalicious.org/>) will be hosting "The Great Vaccine Debate" an awareness event sponsored by PacifiCord and held at Hoag Hospital to benefit the *Orange County Breastfeeding Coalition*.

**PacifiCord Cord Blood Stem Cell Seminar (in Chinese)** Saturday, September 19th, 1-4pm

Courtyard Marriott, Hacienda Room, Hacienda Heights, CA

PacifiCord invites expectant families to join us for a free cord blood stem cell seminar in Chinese.

Refreshments will be served and exciting raffle prizes will be offered. To RSVP, please contact: Emily Chu. Email: [echu@pacificord.com](mailto:echu@pacificord.com). Or call: 949-378-8518.

### October Events-

**OC Kids Faire (Babyville)**, October 3-4, 2009 10am-5pm

Orange County Fairgrounds, Costa Mesa, CA [www.kidsfaire.com](http://www.kidsfaire.com)

Southern California's largest children's and family event. Check out interactive exhibits, non-stop family entertainment, and more! PacifiCord will have a booth (#321), please stop by and say hello!

**PacifiCord Professional Speaker Series**, Saturday, October 17th, 11-4pm

PacifiCord Headquarters, Irvine, CA

Do you think your OBGYN would be interested in learning more about cord blood stem cells? If so, let us know and we will invite them to our upcoming professional speaker series, where a select group of OBGYNs and midwives are invited to tour PacifiCord's working laboratory, as well as listen to presentations by notable professionals in the areas of stem cell research, technology and development. If you know of an OB or midwife that might like to attend, please contact us at [rsvp@pacificord.com](mailto:rsvp@pacificord.com).

### November Events-

**Coast Hills MOPS Holiday Boutique**, Thursday, November 5<sup>th</sup> & Friday, November 6<sup>th</sup> 9:30am-12:30pm

Coast Hills Community Church, Aliso Viejo, CA

Mark your calendars for this exciting event and gateway to the underground shopping world of Orange County! All are welcome. Be sure to come by and say "hello" to PacifiCord!

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