

NOTES for LABBN RNs

Easy PP recovery Guidelines – Every postpartum person is depleted. Growing a placenta and a baby takes a lot of energy. Healing from pregnancy, labor, and birth, and making milk takes a lot of energy. The best way to replenish energy is by making sure clients are getting enough rest and good nutrition.

Rest and Nutrition are the keys to smooth postpartum recovery and health and wellness in the first year of baby's life.

Cultural Wisdom

#1 If the family has a cultural postpartum tradition – follow it!

encourage

- 1 full month of rest
- 2 weeks in the PJs in bed
- 1 week around the house
- 1 week in the neighborhood

NUTRITION GUIDELINES for Postpartum Recovery

NO WEIGHT LOSS GOALS in the first 3 months PP

COOKED FOODS ONLY in first month

Bone broth – protein – meat is best (easiest to absorb the collagen and proteins from meat in the PP time) eggs are also good, veggies. Eat the rainbow.

EAT regularly – most pp people don't get enough food – busy with baby care and neglect own needs

WATER is the key to happiness – drinking 2.5-3 L/day – use a straw for more intake – water bottles around the house

AVOID raw foods and broccoli, cabbage, cauliflower in first month (can produce gas in bb)
More than one cup of coffee or caffeinated drink per day may increase fussiness in your newborn.

Omega 3 fatty acids are the key to decreasing inflammation, hormonal balance, and feelings of well-being. Pregnant and postpartum people should eat these every day. Chia is an easy add.



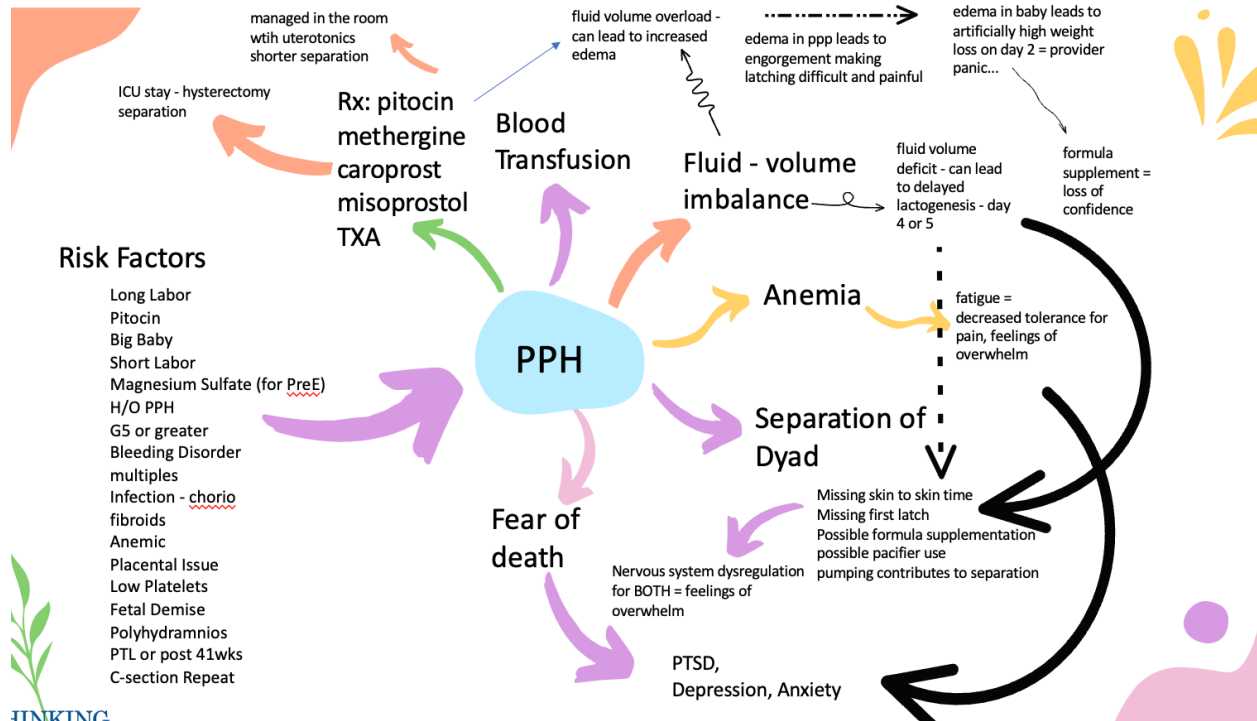
WIC food recommendations – best choices for Postpartum Recovery

- Full fat milk and yogurt
- Eggs
- Tofu O Organics sprouted firm
- Oats – rolled or steel cut
- Bulgher/barley - can be added to soups/stews or added into veggie meat blends – cook longer for easier digestion
- Tortillas – Corn
- Dry beans – instant pot is your friend
- Peanut Butter
- Canned fish – all good
- Fresh Veggies – Frozen Veggies
- Cheese is great source of protein for vegetarians

Limit these less nutrient dense foods during first month postpartum

- Pastas
- Breakfast cereals
- Instant or quick oats
- Juices
- White tortillas

Postpartum Hemorrhage can have wide ranging effect on physical, emotional health and chest/breastfeeding outcomes.



Treatment for Blood Loss after Childbirth

If you've lost an excessive amount of blood or hemorrhaged after the birth of your baby, your body needs to have additional iron to help you recover your strength and vitality. Iron helps your blood carry oxygen to all your organs.

SIGNS OF LOW IRON When your iron is low, you may feel tired, get cold easily, may get dizzy when you stand quickly, look pale, feel like your heart is beating too fast, have headaches, look pale.

REBUILD IRON IN YOUR BLOOD

Below are some ways you can rebuild your system.

1. **Drink extra fluids**, and include some electrolyte solutions (Smart Water, Vitamin Water, Emergen-C, Pedialyte, etc.)

2. **Prenatal Vitamins** - Continue your prenatal vitamins, and any additional iron supplements that have been recommended by your provider, for at least the next six weeks.

3. **IRON** Eat iron-rich foods every day:

For extra IRON add one of these to smoothies:

1 tablespoon blackstrap molasses or
1/2 teaspoon Brewer's yeast or
1 tablespoon fresh toasted wheat germ
or
1/2 teaspoon carob powder
Yield: 30 grams protein 6 mg. iron

IRON RICH FOODS

Raisins
Figs
Dates
Apricots
Avocado
Nuts/seeds
Prunes (and prune juice)
Dark leafy greens – spinach – kale – collards
Dried beans, peas, lentils
Meats, fish, chicken, eggs (sardines!)
Organ meats and liver

THINGS THAT HELP THE BODY ABSORB IRON

Cooking in a cast iron pan
Vit C with iron (drink OJ with your iron supplement and iron rich foods)

THINGS THAT INTERFERE with IRON absorption

Calcium – make sure to take your Prenatal vit at a different time than iron
make sure to not drink milk with your iron supplement and iron rich foods

4. **Vitamin C** - vitamin C helps your body absorb iron. Take supplements and food. Take your iron supplement and vitamin C together

5. **Herbal and other supplements for blood building:**

Floradix Iron + Herbs is a food based vegan supplement. (Take according to package directions), take 6 tablets of bee propolis twice a day plus any two or three of the following:

- a) two to three cups per day of Herbal Tea – a blend of dandelion and nettles, with lemon and honey is high in iron, mild tasting, and easily absorbed by the body
- b) 1-2 Tbsp. of liquid chlorophyll a day, or a handful of alfalfa sprouts.
- c) 1-2 droppers full of nettle tincture a day.
- d) One serving of (organically grown) liver a day.
- e) 3-6 tablets or capsules of yellow dock a day.
- f) 2-4 Tbsp. brewer's yeast a day.
- g) 2-3 Tbsp. blackstrap molasses a day.

RECIPIES

<https://www.m2mpostpartum.org/recipes>

<https://shafiamonroe.com/art-african-american-postpartum-care/#:~:text=African%20American%20postpartum%20care%20is%20a%20rite%20of%20passage%20that,the%20respect%20of%20elder%20wisdom>

Recipe for Biological Nurturing (Laid Back BF) No RULES

1. Get bodyfeeding parent comfortable first. Make sure back and legs are fully supported



Image: milkology



Photo: Kelly Sikkema

2. Bring baby to body
tummy to tummy – any position – across – up and down – over the shoulder!
3. Allow baby to have head and neck free to move and adjust positions to find comfortable latch
4. Adjust breast to facilitate latching

Promote:

Rest – 4-6 hours in a row

Low Stim

Skin to Skin

Nutrition – especially Omega - 3s 



Nervous System Regulation – co-regulation

Companionship



PraeclarusPress.com

Videos of laid back bodyfeeding:

<http://www.biologicalnurturing.com/index.html>

Nancy Mohrbacher <https://www.youtube.com/watch?v=ZJan8xCNgY4>

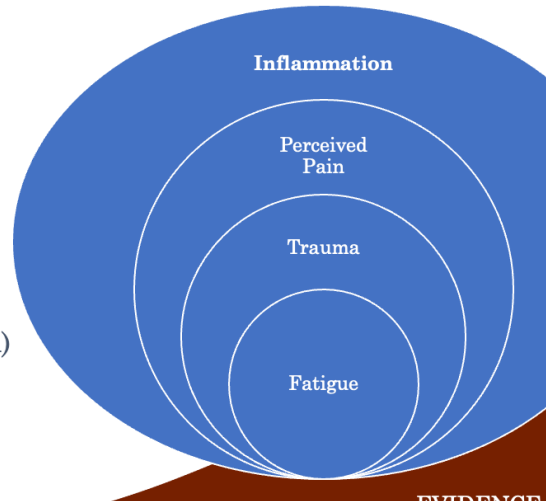
Caldwell <https://www.youtube.com/watch?v=gX44xcS995k>

A new paradigm for depression in new mothers: the central role of inflammation and how breastfeeding and anti-inflammatory treatments protect maternal mental health

Kathleen Kendall-Tackett*

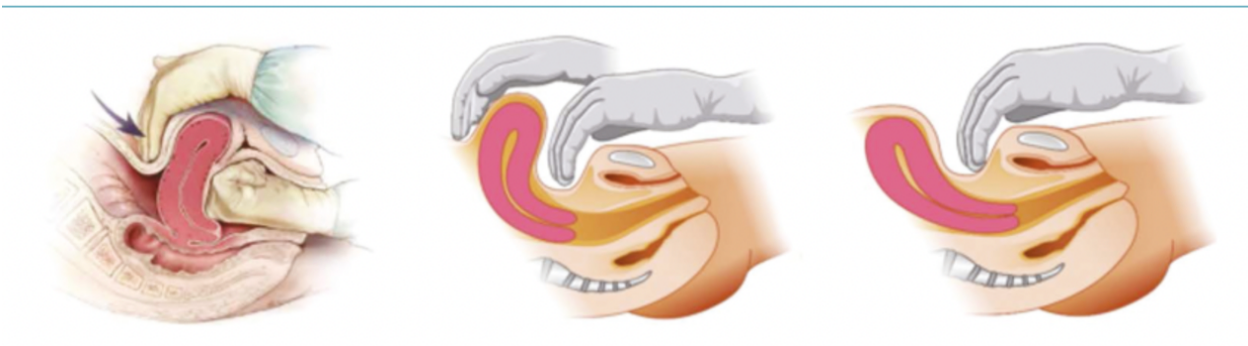
Anti-inflammatory treatments include

- Mindfulness Based Stress Reduction
- Sleep
- Exercise
- Breastfeeding
- Therapy
- St. John's Wort
- Anti-depressants
- Long chain fatty acids (Omega 3s DHA, EPA)
(fish, flax, chia, walnuts, soy)



Kendall-Tackett, K. A new paradigm for depression in new mothers: the central role of inflammation and how breastfeeding and anti-inflammatory treatments protect maternal mental health. *Int Breastfeed J* 2, 6 (2007). <https://doi.org/10.1186/1746-4358-2-6>

Emergency Safety Skills for delayed PPH in the community setting



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NY TIMES COOKING BONE BROTH RECIPIES

Pressure Cooker Bone Broth or Chicken Stock

By Melissa Clark

Time Between 1 and 5 hours, depending on bones used and desired result

Rating 4 ★★★★★ (543)

The difference between bone broth and regular broth, or stock, comes down to the length of the cooking time and the addition of acid to the cooking liquid. They taste very similar, though the bone broth has a slightly more intense flavor and a thicker, silkier texture. They can be used interchangeably in recipes. Really, the main difference is that many people consider bone broth to be therapeutic: The longer cooking time of a bone broth allows the collagen and minerals from the bones and connective tissue to dissolve into the liquid.

This is one of 10 recipes (/68861692/7716592-melissa-clark-dinner-in-an-instant) from Melissa Clark's "Dinner in an Instant: 75 Modern Recipes for Your Pressure Cooker, Multicooker, and Instant Pot" (Clarkson Potter, 2017).

Melissa Clark's "Dinner in an Instant" (<http://www.penguinrandomhouse.com/books/562277/dinner-in-an-instant-by-melissa-clark/9781524762964/>) is available everywhere books are sold. Order your copy today. (<https://www.amazon.com/Dinner-Instant-Recipes-Pressure-Multicooker-ebook/dp/B06XK41BQV/?tag=NYTBks-20&ascsubtag=dinnerinstant>)

Ingredients

Yield: 3 quarts

3 pounds bones, preferably a mix of meaty bones and marrow-filled bones
3 tablespoons apple cider vinegar
1½ tablespoons coarse sea salt, or to taste
1 to 2 celery stalks
1 large carrot
1 large onion, 2 leeks, or a bunch of leek greens
1 whole clove or star anise pod
2 to 6 garlic cloves
5 to 7 sprigs fresh thyme or dill
5 to 7 sprigs fresh parsley
1 bay leaf
1 teaspoon black peppercorns
2 to 4 1-inch-thick coins peeled fresh ginger (optional)

Preparation

Step 1

If you want to roast the bones first, heat the oven to 450°F. Lay the bones out on a rimmed baking sheet and roast until well browned, 25 to 35 minutes.

Step 2

Put the bones (roasted or not) in the [pressure cooker](https://www.nytimes.com/wirecutter/reviews/best-electric-pressure-cooker/) (<https://www.nytimes.com/wirecutter/reviews/best-electric-pressure-cooker/>) pot and add all the remaining ingredients. Cover with 3 to 3½ quarts of water (the water shouldn't come more than two-thirds of the way up the side of the pot). To make regular stock, cook on high pressure for 1 hour if using all chicken or poultry bones, or 2 hours for beef or pork bones or a combination of poultry and meat. For bone broth, cook on high pressure for 3 hours for poultry bones, and 4½ hours for beef, pork, or mixed bones. When making bone broth, you'll know you've cooked it long enough if all the connective tissue, tendons, and cartilage have dissolved and the bones crumble a bit when you poke at them. If this hasn't happened, cook it on high pressure for another 30 minutes and check it again.

Step 3

Allow the pressure to release naturally. Use the broth or stock right away, or store it in the refrigerator or freezer. Bone broth and regular stock will keep for 5 days refrigerated or up to 6 months frozen.

Tip

If you'd rather use a slow cooker, cook on low for 10 to 12 hours for regular stock, and 24 to 48 hours for bone broth.

Homemade Chicken Broth

Recipe from Mona Talbott

Adapted by David Tanis

Time 2 hours

Rating 4 ★★★★★ (379)

Ingredients

Yield: about 4 quarts

3 pounds meaty chicken bones, a combination of wings, backs and necks
2 medium onions, peeled and quartered
2 carrots, peeled
2 celery stalks
1 bay leaf
2 thyme sprigs
2 parsley sprigs
5 black peppercorns

Preparation

Step 1

Put all the ingredients in a large soup pot. Add 6 quarts cold water, turn the heat to high and bring to a boil.

Step 2

Turn the heat to a gentle simmer. Spoon off and discard any foam that rises to the surface.

Step 3

Simmer, uncovered, for 2 hours. Strain broth through a fine-meshed sieve. Cool to room temperature and refrigerate for future use (chicken fat will rise to surface and congeal), or skim fat from surface and use immediately.

Beef Bone Broth

Recipe from Marco Canora
Adapted by Julia Moskin

Time At least 5 hours 45 minutes

Rating 4 ★★★★★ (674)

"Bone broth" has become stylish as part of the Paleo diet, which enthusiastically recommends eating meat and bones. (The idea is to eat like our Paleolithic, pre-agricultural ancestors.) But cooks have known its wonderful qualities for centuries. This robust and savory beef broth — more than a stock, less than a soup — can be the basis for innumerable soups and stews, but it also makes a satisfying and nourishing snack on its own. —**Julia Moskin**

Ingredients

Yield: About 3 quarts

1½ pounds bone-in beef short rib
2½ pounds beef shank or oxtail
2 pounds beef knucklebones or neck bones, or a combination of both (or add 1 more pound beef shank or oxtail)
2 tablespoons extra-virgin olive oil
2 tablespoons tomato paste
¼ cup apple cider vinegar
3 carrots, peeled and coarsely chopped
3 celery stalks, coarsely chopped
2 onions, halved and peeled
1 (14.5-ounce) can tomatoes (they can be whole, peeled or diced)
1 head garlic, excess skins removed, top chopped off to expose the cloves
2 bay leaves
1 bunch fresh flat-leaf parsley
½ bunch fresh thyme
¼ ounce dried shiitake mushrooms
1 tablespoon black peppercorns

Preparation

Step 1

Heat oven to 350 degrees. Place meat and bones in a roasting pan or on a large rimmed baking sheet. Drizzle with olive oil, turning to coat, then brush all over with tomato paste. Roast until browned, 30 to 35 minutes. They don't need to cook all the way through but to just develop some color.

Step 2

Put roasted meat and bones in a 12-quart stockpot and add vinegar and enough cold water to cover by 3 inches (about 6 quarts). Bring to a boil, then reduce to a low simmer, uncovered, for 2 to 3 hours. While simmering, occasionally skim fat and foam from the top using a ladle.

Step 3

Add all the remaining ingredients. Continue to simmer, uncovered, for a minimum of 3 hours. If using knucklebones, simmer overnight, 9 to 15 hours, so the knucklebones have sufficient time to break down.

Step 4

Remove meat and bones with a slotted spoon or tongs; reserve meat for another use (such as soup). Pour broth through a fine-mesh strainer into a large heatproof bowl. Once broth has cooled, store in the refrigerator in an airtight container.