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merylmunchesmacaroni.blogspot.com

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The challenges of a new parent

By Julia Getzelman

The challenges of a new parent are many. Combine this uncharted terrain with a generous sprinkle of sleep deprivation, a pinch of post partum hormones, and well-meaning but conflicting advice from relatives and friends, and it's a wonder any of us maintains our sanity during this time.

We've asked **Dr. Julia Getzelman** to provide you with a bit of sound direction to help navigate your way over the hurdles of the first couple months of your child's life.

Q: My baby is 5 days old and she has diarrhea.

A: After the first few days of life when your baby has meconium bowel movements that are very dark and sticky, it's normal for your newborn's poop to begin to be very watery and seem like diarrhea. Breast fed infants, in particular, have BMs that are loose and seedy and range in color from brown to mustard yellow to green. A typical newborn's poop looks a lot like grainy mustard--think Grey Poupon country style!

Q: My newborn must have a cold because he keeps sneezing.

A: It's very unlikely that your baby is sick. Newborns often sneeze quite a bit and I think of it as nature's way of allowing your baby to blow his nose. New babies have very small nasal passages and usually make a little bit of mucus which can produce some degree of nasal congestion. This usually isn't a problem, but because newborns don't know they can breathe through their mouths, you may hear your newborn's breathing and think it means he is having difficulty. As long as your baby is feeding well, is content, doesn't seem to be struggling to breathe or crying a lot (which forces babies to mouth breathe) he is likely just fine.

Q: We want to take our baby girl to a party but she is only 2 weeks old. Is this OK?

A: The immune system of a newborn is immature and the more people she is exposed to the greater the likelihood she may catch something which could cause her to become quite sick. I generally stress being very careful regarding hand hygiene and potential exposure to germs for the first 60-90 days of life, when pediatricians consider a fever a sign that an infection may be serious. Hand washing is the best way to prevent introducing illness-causing germs to your newborn; proper cleaning of your hands involves rubbing them together for 15 seconds (or 3 rounds of "Row Row Row Your Boat") with good old soap and warm water or the use of an alcohol based hand sanitizer.

Q: Which hand sanitizers are best?

A: Generally I recommend an alcohol based product which is rated 0-2 on the Environmental Working Group (EWG) cosmetics database toxicity scale (<http://www.cosmeticsdatabase.com>) so that you're sure to purchase something effective while avoiding highly toxic ingredients. This is an important factor when considering what to buy for you and your baby. EWG is a tremendous resource available to guide purchasing decisions. Babies and small children have very thin skin and immature detoxification systems, and thus are vulnerable not only to what we feed them but also to what we use on their skin, what we clothe them in, and what they breathe.

Q: Do I need to give my 2 month old baby Vitamin D drops? There is not much sun in our San Francisco neighborhood and we spend most of our time indoors.

A: Vitamin D is important to our health and many of us have insufficient levels due to lack of adequate sunlight exposure or supplementation. The American Academy of Pediatrics (AAP) recommends all children receive a vitamin D supplement starting in the first few days of life because evidence has shown this could have life-long benefits. Furthermore, because of the growing body of evidence that a pregnant woman's vitamin D status is important to her developing fetus, the AAP has recommended that physicians caring for pregnant women consider vitamin D testing during pregnancy.

In my practice, I test all new mothers' vitamin D levels and often find they are lacking. This is critical both for mothers' health and directly impacts the breast feeding baby. Once I have these results, I can tailor my recommendations to each mother and baby as part of my effort to optimize the health of my patients and families.

About Julia Getzelman

Author, Julia Getzelman M.D. founded *GetzWell Pediatrics* in 2008 based on the belief that an integrative approach to pediatric care which combines the best of conventional and alternative medicine is the wisest approach to health optimization and the treatment of illness in kids.

Our Spotlight On...

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Each sleep sack is made of hand-selected fabrics: the newest style created of **certified organic 100% cotton knit with hand-appliquéd** detailing, and the others made with a 100% cotton shell and a 100% super wash wool filling.

The organic knit version is made of 2 layers of exquisite, buttery-soft eco-friendly fabric that is milled right here in the U.S. The high-quality natural fibers selected for their whimsical print sleep sacks will allow your baby's skin to breathe, while providing absorbency, superb insulation & year-round comfort.

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www.littlecitykitchenco.com/blog

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A SENSATIONAL CREATION

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Mama Wear - Clothing & Accessories

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www.mythirtyone.com/purseboutique

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BAO BEI ACTIVE

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Bao Bei Active inspires women to indulge in a healthy and active pregnancy. Realizing the importance of prenatal exercise as well as comfort, the collection emphasizes therapeutic support and ease of movement. Wear Bao Bei and feel the difference.

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MARIN PARENTS RESOURCE NETWORK

www.marinparentsresourcenetwork.org

From planning to parenting, Marin Parents Resource Network is a Group of Marin County professionals who work with perinatal and parenting families.

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www.sfdoulagroup.com

San Francisco Doula Group is a collective of professional birth and postpartum doulas that serve the Bay Area.

DOULA FROM THE HEART

www.doulafromtheheart.com

I am a birth and postpartum doula. I work hard to make sure that the parents have the best birth experience of their dreams.

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www.empoweredbirthdoulas.com

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Bay Area Parent is a trusted local and targeted resource that provides the essential and actionable information involved parents need to raise their families.

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Beyond a Birth Plan

By Julie Ann Randall - Allowing Joy Is What I Do!

So you've heard a birth plan's important, even if you've completed your hospital's questionnaire. You've clearly stated your preferences in one, easy-to-read bullet-pointed page, included personal information so the staff can get to know you and expressed kindness, flexibility and appreciation for their support. Now you can sit back, relax and wait for things to unfold according to plan, right? Wrong!

Many people's birth experiences are radically different from their birth plans. Unlike ordering a catalog product or restaurant meal, creating a joyful birth experience requires more than just submitting an order. So how CAN you create YOUR joy-filled birth experience?

GET CLEAR about your childbirth options and preferences. Educate yourself about choices through books, films, classes and speaking with mothers and birth professionals (doulas, childbirth educators, midwives, nurses, doctors...). Then TRULY LISTEN to the voice of YOUR HEART about what's right for YOU (and nobody else)!

WRITE your preferences in a BIRTH PLAN to show you care about your experience and help the staff know how to support you; just remember it's only the first step!

For every item on your birth plan, ASK YOURSELF, "What can I do to stack the odds of this happening in my favor?" Then DO THOSE THINGS. If you don't know what you can do, ASK a doula or childbirth educator FOR HELP. Important steps could include selecting an appropriate birthing location, choosing an all-star support team (including someone who loves you, a doula for non-medical support and a midwife or doctor for medical care who truly supports your preferences), assembling needed supplies and practicing coping strategies. LEARN why things you wish to avoid become necessary and ACT to avoid these triggers.

Take a hint from successful athletes and VISUALIZE YOUR LABOR unfolding in ways that MAKE YOUR HEART SING daily. Most women can easily and graphically express what they DON'T want, but struggle to specifically describe a joyful birth experience. Many hesitate to imagine their ideal birth because they fear disappointment if it doesn't happen. Sports psychology and medical research show that visualization can powerfully improve abilities. If you were an Olympic athlete, would you visualize botching your event or neglect visualization as a training tool? There are many wonderful-feeling ways your labor could unfold; use your imagination to expand the joyful possibilities instead of the scary ones. One way to do this is to write letters (in your mind, on paper or spoken aloud) to a friend about your marvelous birth experience as if it has already happened; another method is to repeatedly complete the statement, "Wouldn't it be nice if...?"

LISTEN to your FEARS and your INNER CRITIC voice saying why you can't have your ideal birth. Convince yourself that you COULD handle what scares you if necessary and implement risk-prevention strategies. Explain to your inner critic why you CAN have what you want and then send the critic on a luxurious vacation someplace far away?!

FOCUS on the POSITIVE ASPECTS of everything you experience during your pregnancy and labor. Beyond being enjoyable, this offers your body a chemical benefit as well. Because stress, fear and excitement lower oxytocin levels in your body and oxytocin controls the onset and progress of labor, focusing on what you appreciate instead of what you fear or dislike can encourage optimal labor progress.

TRUST YOURSELF, YOUR BODY and YOUR BABY. Once you've done all of the above, it IS time to let go. Follow your own inner guidance and allow your body to do what it instinctively knows how to do. Women have successfully given birth for millions of years, so relax and enjoy one of life's most incredible journeys. Remember to CELEBRATE the COURAGE, STRENGTH, GRACE and BEAUTY that YOU EXPRESS along the way—if you don't see these qualities in yourself, ask your support team to point them out!

Please note: If, in spite of the above, your birth experience isn't ideal, remember to BE KIND TO YOURSELF—you did your best and some factors are beyond personal control. Focus on things you APPRECIATE about yourself and others, ASK for SUPPORT (many resources exist for women who've experienced difficult births), LEARN what you can from your experience and when possible, use it to BENEFIT OTHERS.

About Julie Ann Randall



As a massage therapist, birth and postpartum doula, childbirth educator, life and expressive arts coach and songwriter I support women and their families in allowing their own self-defined joy in childbirth and in life. If you have questions about this article or would like more information about writing a birth plan, creating your ideal birth experience or any of my services, please contact me at 650-483-4627.

BABY NAMES MADE EASY

www.amandabarden.com

Amanda Elizabeth Barden is the author of the popular baby name book **BABY NAMES MADE EASY**. Visit her table to buy an autographed copy of the book and ask all your baby naming questions.

GIGGLE

www.giggle.com

Giggle, the store that makes it a whole lot easier to be a new parent. We do the homework on baby products and more, so you don't have to.

PICABOO

www.picaboo.com

Picaboo makes it easy and fun to create beautiful, one-of-a-kind photo books, greeting cards and calendars that tell stories and bring memories to life.

Health & Wellness

STEP AHEAD INFANT DEVELOPMENT

www.steps-ahead.com

At Step Ahead I provide personal consultations and group workshops focusing on sensory-motor development, bonding, attention and concentration for babies ages 0-24 months using Feldenkrais Method principals.

MAMAS RESOURCE NETWORK

www.mamasresourcenetwork.com

The Mamas Resource Network [MRN] is a s a group of dedicated and highly skilled practitioners in the San Francisco Bay Area, who passionately support mothers, babies and their families through the joys and challenges of motherhood. Our networking community includes: midwives, yoga and Pilates instructors, psychologists, lactation specialists, acupuncturists, doulas, childbirth educators, nutritionists, sleep consultants, massage therapists, as well as parenting, writing and creativity coaches.

UCSF PEDIATRIC RESEARCH

www.pediatrics.medschool.ucsf.edu/genpeds/research

UCSF is a world leader in pediatric research and treatments. We are proud of our innovative techniques, state of the art medical care, expertise, and world-renowned faculty and researchers.

THE SPOILED MAMA

www.thespoiledmama.com

Toxin-free and Organic essentials for Pregnant, Postpartum, Breastfeeding moms and their babes. Specialized treatments in preventing and eliminating stretch marks, nausea & dry cracked nipples. Used and recommended by Hospitals and OB's.

JULIE ANN RANDALL

www.allowingjoy.com

I support my clients in allowing their self-defined joy through birth & postpartum doula services, therapeutic massage, individual/group coaching, expressive art, meditation & affirmative chantwriting.

STEMCYTE INC.

www.stemcytefamily.com

StemCyte is a global leader in cord blood banking with offices in the United States, Taiwan and India. StemCyte operates both a public and family bank and has provided over 1,300 units for transplant in over 200 facilities and 32 countries around the globe. StemCyte Plasmia depletion method saves the most of your child's precious cord blood stem cells.

BORN FREE

www.newbornfree.com

BornFree®, a market leader in baby feeding, manufactures a full range of BPA-free feeding products featuring an innovative baby bottle venting system that promotes Active Feeding™.

HELPING OUR CHILDREN PRODUCTIONS

www.DawnTalk.com

Helping families get the sleep they need. Not a cry-it-out way, Not a no-cry way Dawn's, Self-Soothing Sleep Formula. Compassion? Communication? Consistency?

KID MOVES

www.Kmoves.com

Our products are designed to encourage healthy movement for children inspiring an active life.

MOMMY'S BLISS

www.mommysbliss.com

Mommy's Bliss™ is a U.S Corporation with offices in San Rafael, California, just north of San Francisco. The company began in 1999 when Roshan Kaderali, CEO and founder, formulated Baby's Bliss Gripewater-the first and the original all natural colic remedy in the States.

THE MILK YEARS

www.TheMilkYears.com

Private Practice IBCLC

GABRIALLA

www.itamed.com

Gabrialla Maternity & Women's Health Collection. Unique Maternity Support Products & hosiery designed to provide the comfort and support women need from the first trimester through postpartum recovery period.

GETZWELL PEDIATRICS

www.getzwell.com

GetzWell Pediatrics is a primary care practice for kids. We offer an integrative approach to health care based on modern western medicine and scientifically grounded adjuncts including nutrition, functional medicine, and developmental psychology. We take the time to understand your child's unique needs in the context of the family and environment and we partner with parents to help raise kids healthy.

NOLI N NALI

www.nolinnali.com

Noli n Nali is an organic and natural skin care company with a full range of personal care products for women and children. We are a mother-run company based in Santa Cruz County and are passionate about our children and the world we live in. We love being able to impact the world in socially-responsible ways and are pleased to announce our recent partnership with the Jane Goodall Institute.

YOGA GARDEN OF SF

www.yogagardensf.com

A prenatal and postnatal yoga practice at Yoga Garden SF can help you make informed birth choices, support your health before and after pregnancy, give you and your baby the best possible birth, connect you with other parents who are at all stages of pregnancy, improve your post-partum recovery. We guarantee that your pregnancy, birth, and recovery will be improved by a regular yoga practice at Yoga Garden.

GetWell Pediatrics whole kid care

GetWell Pediatrics is an innovator in the field of integrative medicine for children.

GetWell membership has its benefits:

- Newborn house calls
- Alternative vaccination schedules
- 24/7 direct access to your pediatrician via email and phone
- Pregnancy optimization and nutrition consultations



1701 Church St, San Francisco, CA 94131
415.826.1701 www.getwell.com

Baby Nurse Available

Newborn Consultant / Doula
For Singletons, Twins and Triplets



Elaine Farber is an experienced baby nurse/newborn consultant specializing in the care of single babies, twins and triplets. She has six years hospital nursery experience working with preemies. She has worked in Mills Hospital and Seton Medical Center Nurseries and Postpartum units.

She is CPR, Infant First Aid certified and Trustline registered. She will help you set up the nursery, advise on necessities for multiples or a single baby, get your baby on a schedule, help with breastfeeding and do light housework, such as laundry, dishes and general straightening of the house. Excellent references from parents of multiples and singletons are available. Day or Night services offered.

Elaine is also the author of Baby Lists: What to Do and what to Get to Prepare for Baby.



Visit her website at www.babylistsbook.com

If you are interested in Elaine's services you can call her at (650) 577-8507 or email her at pkanblu@aol.com



San Francisco Doula Group

Birth & Postpartum

We Support You Where You Are

Home Birth & Hospital Birth

The San Francisco Doula Group is a community of doulas practicing in the Bay Area.

Understanding the needs of expectant mothers and their partners, the group has become a source for referrals of trained and experienced birth and postpartum professionals.

Each doula listed on this site is active in the local birth community, participates in continuing education, and has agreed to participate in regular peer review to ensure professionalism, quality of service, and open communication within the birthing community, and with those served.

www.sfdoulagroup.com