

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.

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A great resource for contraceptive options is www.sexandu.org. Please review prior to your six week postpartum doctors' visit.

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

Online video from MyHealth Alberta:

- Go to myhealth.alberta.ca
- Search for “Understanding Your Pelvic Floor” in the search box
- Select the [Your body after birth video](#)

The screenshot shows the MyHealth Alberta website search interface. The search bar contains the text "Understanding Your Pelvic Floor" and the search button is labeled "Advanced". Below the search bar, there are 1-10 results. The results are listed under the heading "Refine results". The results include:

- Did you mean [Understanding Your Pelvis Floor?](#)
- [Understanding Your Pelvic Floor – Introduction](#) (myhealth.alberta.ca/Health/Lists/.../DispForm.aspx?ID=1272)
- [Understanding Your Pelvic Floor – Pessaries](#) (myhealth.alberta.ca/Health/Lists/.../DispForm.aspx?ID=1321)
- [Understanding Your Pelvic Floor – Pelvic organ prolapse](#) (myhealth.alberta.ca/Health/Lists/.../DispForm.aspx?ID=1273)
- [Understanding Your Pelvic Floor – Urinary incontinence](#) (myhealth.alberta.ca/Health/Lists/.../DispForm.aspx?ID=1274)
- [Understanding Your Pelvic Floor – The next step](#) (myhealth.alberta.ca/Health/Lists/.../DispForm.aspx?ID=1275)
- [Understanding Your Pelvic Floor – Your body after birth](#) (myhealth.alberta.ca/Health/Lists/.../DispForm.aspx?ID=1320)

The last result, "Understanding Your Pelvic Floor – Your body after birth", is circled in red.

Additional online resources:

www.thepregnancycentre.com
www.pelvicfloorfirst.org.au

www.simonfoundation.org
www.canadiancontinence.ca

Healthy Parents, Healthy Children “Pregnancy and Birth”

2nd edition Pages 49 – 50

Pelvic floor physiotherapist

www.physiotherapyalberta.ca/physiotherapists/physiotherapist_listings