

## **Nurses in the know...5 of your most-asked newborn childbirth questions answered**

Ramsay Australia nurses deliver tens of thousands of babies every year and have endless maternity knowledge between them. What are the 5 most burning questions new mums ask our nurses and midwives? The answers might surprise you!

### **How long is the average labour?**

“If you're a first-time mum, active labour is probably eight or nine hours,” say Kim Pickering from Northwest Private Hospital Maternity Unit in Queensland.

“However it could be as short as two to three hours and only very occasionally more than 18.5 hours.

“Once your cervix has dilated to 10cm, it could take you an hour or two hours of pushing before your baby is born. Generally the first labour is the longest and mums who have had previous vaginal deliveries will often find their second birth considerably easier.”

**How often do I have to feed by newborn?** More frequently than you probably think, says Scott Elaine Clinical Nurse Manager at Northwest Private.

“For the first couple of days of your newborn’s life his tummy is about the size of a marble and by day 10 the size of a ping pong ball.

“After that their tummy is the size of their own fist. To ensure a good milk supply, feeding frequently is the key and most babies will breastfeed on average every 2–3 hours around the clock (day and night), with possibly one longer stretch (eg up to about 5 hours) between feeds in one 24-hour period.”

**How much will it hurt and what does the pain feel like?** “Many of our patients describe labour pain as intense menstrual cramps combined with says Ramsay midwife and maternity educator,” Alex Wilson from St George Private Hospital in Sydney.

“Most women find the first stage of labour slightly uncomfortable; while the second stage of labour is much more intense with stronger contractions and a one to two minute break in between contractions.

### **What are the symptoms of labour?**

Outside of cramping type feelings, symptoms in later stage of labour include increased pressure in the bottom, cramps, shakiness, nausea and vomiting or sometimes stretching or burning feelings in the vagina. Changing positions helps (sitting, standing or walking), as does a cold face washer on your tummy, rest and fluids.”

**What are the best tips and breast-feeding positions for sore nipples?** “Make yourself comfortable and relax as much as you can; massage your breasts gently and apply warmth to help get your milk flowing,” says Alex Wilson.

“Express some milk to soften the areola to lubricate the nipple and offer the less sore side first. Many mums tell us the best positions include [include breastfeeding while lying down.](#)”

## **JANUARY 11**

Facebook quick tip



### **Surfing Your First poonami.....new dad advice**

For Ramsay new dad Mark Holland, father of newborn Jocelyn, surfing the first poonami was something of a challenge.

“As my mate explained to me at the pub a few weeks ago, diaper spelled backwards is repaid. And he wasn’t wrong.

“My advice when navigating a poonami? Make sure you’re prepared in advance boys. Here’s my survival “recipe” for dealing with dirty duds.”

#### **INGREDIENTS**

- 1 stack of fresh nappies
- Packet of wipes
- Bowl for warm water (cold water wakes baby at night)
- Cotton wool
- Tissues (also good for you in case you feel the urge to cry)
- Fresh baby clothes
- Nappy rash cream
- Nappy bags to dump the used nappies in (really, really fast)

#### **10 STEP METHOD – could even use little photo icons**

1. Make sure your hands are really clean. Most important to avoid infection and never change on a kitchen bench!
2. Using the floor, change table or middle of the bed undo the baby’s onesy. (I know of one bloke who tried to get it off at the neck. There are buttons down the other end as well!).
3. Hold the baby by the ankles, lift bottom remove nappy, using old nappy to wipe away any poo and wee.
4. Dump the old nappy as quickly as possible in a nappy bag (never leave baby alone on bed or change table).
5. Wipe the whole area covered by the nappy, using either warm water and cotton wool or wet wipes.
6. For girls - always wipe from front to back to help prevent infection. For boys - never ever pull back his foreskin. It takes months for it to separate from the rest of his penis.
7. Pat dry (don’t rub) with cotton wool or a tissue.
8. Cream is next, if needed. It’s soothing and helps prevent nappy rash and infections. Pat gently.
9. Lift the bottom off the mat - again by the ankles - and slide a clean nappy underneath.
10. Fasten it nappy snugly but not supertight. Can you slide a finger easily around the inside of the waistband? Voila! At least I can be glad [I’m not like this bloke](http://www.dailymail.co.uk/video/femail/video-1205826/Dad-gags-vomits-changing-daughter-s-nappy.html) <http://www.dailymail.co.uk/video/femail/video-1205826/Dad-gags-vomits-changing-daughter-s-nappy.html> whose nappy changing went viral recently.

Do you have a funny nappy story? Write in and tell us to win (SHOULD I START GETTING PRIZES  
JOEL????)