

## Nutrition Postnatal Checklist



### For Mom

- ✓ Rest whenever you can.
- ✓ Continue to take your prenatal vitamin every day. If you run out of your prenatal vitamins, you can choose to switch to a regular multivitamin.
- ✓ Drink fluids – aim for at least 8 cups a day. Water and milk are great choices.
- ✓ Eat a variety of foods from the four food groups, including country foods every day. If you are experiencing constipation, include foods high in fibre (fruits and vegetables, brown rice, whole wheat pasta and bread) and drink your fluids.
- ✓ From October to April, take an extra Vitamin D pill – you need 400 IU extra per day (in addition to your prenatal/multivitamin vitamin) in the North.
- ✓ Do Kegel Exercises to help you tone up and strengthen your pelvic muscles.
- ✓ **Resources**
  - Canada Prenatal Nutrition Program (CPNP) website: [www.nwtprenatal.ca](http://www.nwtprenatal.ca)
    - Lots of very useful and important information for you and your baby
  - CPNP program in your community – cooking groups, activities, etc.
  - Regional CPNP Nutritionist – Diana Trang – 867-777-8052 (Inuvik) or Sophia Wadowska 867-920-3237 (Yellowknife)

### For Baby

- ✓ Feeding – feed on demand. If you are breastfeeding or formula feeding, your baby does not need anything else to eat or drink until about 6 months.
- ✓ Peeing and Pooping – this can help you know if baby is eating enough.
- ✓ Vitamin D drops
  - If you are breastfeeding – give baby 400 IU Vitamin D drops everyday from May to September and 800 IU everyday from October to April
  - If you are formula feeding, give 400 IU of Vitamin D drops everyday from October to April
    - Make sure you know how to prepare formula properly
- ✓ Take care of baby's teeth
  - Clean baby's gums with a wet washcloth twice a day starting from birth