

Apple Seeds

Care Provided After the Birth of the Baby



The First Week after Birth

- ❖ If you gave birth in hospital, an Apple Tree care provider will see you every day while you are there.
- ❖ If you gave birth at home, a care provider will see you at home within 36 hours of the birth.
- ❖ A care provider will see you at home later in the first week, unless you live a significant distance from Nelson, then a Public Health Nurse will provide follow-up.
- ❖ A Public Health Nurse will call and/or see you at home in the first week as well.
- ❖ Towards the end of the first week, one of Apple Tree's lactation consultants, Judith or Jocelyn, will contact you to arrange follow-up postpartum and breastfeeding support.

Care From 2-5 Weeks Postpartum

Prior to the COVID-19 Pandemic, Apple Tree offered postpartum care through breastfeeding groups, which took place twice weekly in Nelson and once a week in Castlegar. Our lactation consultants, Judith Fearing and Jocelyn Bouchard, facilitated these groups. Both Judith and Jocelyn are RN's and certified lactation consultants. Unfortunately, due to the pandemic, we are not running these breastfeeding groups at this time.

Instead, you will be contacted at one week postpartum to arrange phone or in-person postpartum/breastfeeding visits with Judith (if you live in the Nelson area) or Jocelyn (if you live beyond Bonnington, in the valley, or in the Castlegar area). These visits will take place at approximately two and four weeks postpartum and usually occur in-person, at Apple Tree. More frequent visits can be arranged as needed. At these visits, our lactation consultants will assess your baby, provide breastfeeding support and address any concerns you may have. If desired, these appointments can be booked with an Apple Tree care provider instead, but they are usually scheduled with Judith or Jocelyn.

Our lactation consultants are available to provide ongoing support for breastfeeding, either by phone or in person. This includes care after the 6-week final visit with your Apple Tree care provider. This care can be arranged as needed by contacting Apple tree or the lactation consultant directly, for the duration of your breastfeeding experience.

Do I have to be an Apple Tree client to receive support from an Apple Tree lactation consultant?

No! Non-Apple Tree clients are welcome to access breastfeeding support from Judith or Jocelyn. If you were an Apple Tree client, but have been discharged from care, you are still welcome to get support from an Apple Tree lactation consultant.

Do I need a referral if I am not an Apple Tree patient?

No, you do not need a referral to receive care from our lactation consultants, even if you are not an Apple Tree patient. No doctor's referral is required, you can simply self-refer for care, or your physician can refer you.

Appointment with a Care Provider

If you have concerns about your physical or emotional well-being or are worried about your baby, we will schedule appointments for you as needed with a care provider. Please let us know if you would like to book an individual appointment with a care provider.

Six Week Final Visit

Everyone is scheduled to be seen by a care provider at around 6 weeks postpartum before having their care transferred back to a family physician.