

PROTECTING YOUR BABY FROM CORONAVIRUS/COVID19

This is all new and changing quickly so we don't know a lot about babies and coronavirus. In general pregnant and postpartum women and young children don't seem to be a higher risk of severe disease. Newborns might be different though and there is some evidence that they are more likely to get seriously sick. Think about it – this kid just learned to breathe a couple of days ago so something that hits the lungs is going to be hard. Their noses are tiny so if they get clogged it makes feeding really difficult. The smartest thing to do is protect your precious new family member as best you can.



Wash your hands – a lot. Like all the time. With soap and water for 20 seconds. Especially after touching your face, coughing or sneezing, eating or coming into the house from somewhere else.

Stay home – Use this time to get to know your new baby at home. By limiting the amount of travel you do, you'll limit the amount of people with the virus you come into contact with.



Limit visitors – I know everyone wants to meet the baby and you want to show them off but to reduce spread we all need to mix and mingle less. Only the important visitors and only if they are well. Make them wash their hands when they arrive and turn them away at the door if they are even the slightest bit sick. The fewer people who hold the baby the better and don't let visitors kiss your baby. Cancel the baby showers for now.

Older children – we all know our kids get everything and bring it home, coronavirus is no exception. Young children don't usually get very sick from covid but they spread it very well. Normally I would encourage you to keep sending an older child to daycare or preschool so you get a break but if you can, keep the toddler home too so that they don't introduce it to the house. Avoid playgroups and gatherings.



Stay informed – This is changing every single day. We are learning more and recommending new things to help. Listen to the news. Get your information from reliable sources like the BC CDC (BC centre for disease control) and Government of BC public information webpages – new stuff is being added there every day. Be skeptical of what you read on Facebook – drinking 8 glasses of water a day is not going to protect you here.

Stay connected – Being alone and isolated is a huge risk factor for postpartum depression. So even though I'm recommending you hunker down a little, you still need support. Keep connected with family and friends through telephone and Facetime and text. Hold virtual playdates on Skype. Watch your favourite TV show at the same time as a friend and text back and forth with a friend about what's going on. Isolated does not need to mean alone.

