

Download Having Your First Baby After 30

When is it safe to start having sex again? Many caregivers recommend waiting about four weeks after you give birth. It's definitely not safe to have intercourse involving penetration until at least two weeks after delivery. I worked at a bank for three years, and qualified for 12 weeks PAID maternity leave. It was 80% paid for the first 6 weeks, and then I believe 55% after that. In their first few days, newborns typically lose about 7 percent of their body weight. Although this is normal, you'll want to feed your baby every two hours or so until she's back at her birth weight. Congratulations on the upcoming addition to your family. We feel privileged to share this special time with you and we're here to provide you with the care and support that fit with your unique wishes.