



## Advice from Dr. Weiss

**Q Is back labor more likely in your second delivery if it happened in your first?**

**A** Usually, pain in the uterus from contractions overshadows the pain from baby's head pressing on the cervix, which is felt in the back. But for some women, cervix pain is predominant. This may be what happened in your first birth.

The good news? Every labor is different, and second ones typically last less than half the time of the first. You may have more back labor if you have a narrow pubic bone, or are carrying a large baby or delivering a baby positioned face up. If back labor recurs, the nurses know positions that may help lessen the pain. They may even recommend laboring in a warm tub, if your hospital has one.

**Stephen H. Weiss, M.D.**, is an assistant professor in the department of gynecology and obstetrics at Emory University School of Medicine in Atlanta.



## Doula Jill says

**Q My doula says there are benefits to delaying the clamping of the umbilical cord. Will my hospital do that?**

**A** Your doula is right. Putting off this routine intervention by only two minutes could improve your baby's health. Research shows that delaying cord clamping is associated with improved iron status and iron stores in the blood and reduced anemia in full-term newborns. Other studies found similar benefits for premature babies. Many cultures push back the separation of baby and placenta by minutes or even

hours. Unless some trouble during the delivery means specific medical attention is necessary, there's no reason to rush and clamp the cord. If you're interested in delaying it, talk to your care provider, add it to your birth plan, and be sure your hospital is on board. The more care and attention you put into your intention of birth, the more internally focused you become, which is essential for labor.

**Jill Wodnick, M.A.**, ([jillwodnick.com](http://jillwodnick.com)) is a certified doula, prenatal instructor, and owner of Montclair Maternity, a New Jersey childbirth education center.



## Ask Dr. Dana

**Q I'm expecting and thrilled. But I have a secret concern that my child will be overweight. Much of my husband's family is. What can I do?**

**A** Don't be ashamed about your concern, because it's a real one; there can be a genetic predisposition to obesity. Here's my advice: Start your newborn on a healthy menu of breast milk, and when you begin feeding solids, focus on variety, flavor, and texture and offer whole foods—vegetables, grains, fruits, and protein. Don't give your child juice or soda. And try not to distract her at mealtime with cell-phone apps, videos, or TV. Avoiding screen time is another way to decrease the risk of obesity.

You might also start cleaning out cupboards now, before your baby arrives. If soda and juice aren't the best choices for her, they shouldn't be something you and your husband consume daily. The only surefire way to keep your kids healthy is to live by example!

**Lisa Dana, M.D.**, is a pediatrician at Golden Gate Pediatrics in San Francisco and a clinical faculty member at University of California, San Francisco.



## A word with Dr. Wendy

**Q** I'm so attached to my toddler and worried about how he'll be with our new baby. Is there anything I can do to help make life harmonious with a two-year-old and a newborn?

**A** First, put yourself in your toddler's shoes. His heart is married to you, Mommy. Which means it's pretty scary for him when you're focused on the baby.

The best cure for sibling rivalry will be to integrate your older child into everything baby. When friends bring baby gifts, ask a few of them to include a present for the big brother. Do your best not to open baby gifts in front of your toddler. Let him hold, feed, and even help with diapers. And make sure you hand baby over to a loving friend or relative occasionally for some one-on-one time with your first.

Also, expect him to regress. He'll be going through a roller coaster of emotions, and the first thing he'll do is copy baby behaviors to get your attention. The solution is to give him your attention whenever possible and say things like, "I see you're remembering that you are my first baby. Sometimes it feels good to be a baby. What does my big baby need?" 🟢

**Wendy Lee Walsh, Ph.D.**, appears regularly on TV as a psychological expert. She wrote *The Boyfriend Test* and blogs about relationships at [drwendywalsh.com](http://drwendywalsh.com).

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