

Remember, every postpartum experience is different, and there's no one "right" way to do it. It is a period and time of adjustment and transition. It's normal to feel overwhelmed, anxious, or sad at times. Listen to your body, trust your instincts, and don't be afraid to ask for help or support when you need it. If you're experiencing symptoms of postpartum depression or anxiety, talk to your healthcare provider right away. With the right support and self-care, you can have a healthy and happy postpartum experience..

Resources

- BaoBei

Postpartum Recovery Underwear & Garments
www.baobeibody.com/?sca_ref=1709255.2esSUFVfJH
15% coupon: dhbirthservices15

- Body Ready Method

Postpartum Rehab and Recovery
www.bodyreadymethod.com?osm=312
Coupon Code \$10: dcsY0312

- Postpartum Support International

Support for postpartum parents experiencing mental health challenges
hwww.postpartum.net/

- La Leche League International

Information and support for breastfeeding parents.
www.llli.org/

- KellyMom

Evidence-based information on breastfeeding, sleep, and parenting.
www.kellymom.com/

- Association of Women's Health, Obstetric and Neonatal

Breastfeeding Resources for Parents
www.who.org/consumer-resources/breastfeeding-resources-for-parents/

Books

- The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality by Kimberly Ann Johnson
- The Postnatal Depletion Cure: A Complete Guide to Rebuilding Your Health and Reclaiming Your Energy for Mothers of Newborns, Toddlers, and Young Children by Dr. Oscar Serrallach
- The First Forty Days: The Essential Art of Nourishing the New Mother by Heng Ou, Amely Greeven, and Marisa Belger
- What No One Tells You: A Guide to Your Emotions from Pregnancy to Motherhood by Dr. Alexandra Sacks and Catherine Birndorf
- The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer by Dr. Harvey Karp

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References

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- Centers for Disease Control and Prevention. (2021). Postpartum Care. <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/postpartum-care.htm>
- National Institute of Mental Health. (2021). Postpartum depression facts. <https://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml>
- Postpartum Support International. (2021). About PSI. <https://www.postpartum.net/about-psi/>
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Postpartum TIPS



Tips

FOR A HAPPIER POSTPARTUM

Congratulations on your new baby! The postpartum period can be a challenging time, but with the right preparation and support, it can also be a wonderful and rewarding experience.

Here are some tips to help you have a healthy and happy postpartum:

1. GET PLENTY OF REST

Sleep is crucial for your physical and emotional well-being, especially in the early weeks after giving birth. Try to sleep when your baby sleeps and ask your partner, family, or friends for help with household chores or caring for your baby so you can rest.

2. EAT NOURISHING FOODS

Your body needs extra nutrients to heal, recover from childbirth, and produce breast milk. Eat a balanced diet with plenty of fruits, vegetables, whole grains, lean protein, and healthy fats.

3. STAY HYDRATED

Drinking plenty of water and other fluids can help you feel better and stay healthy. Aim to drink at least 8-10 cups of water per day, and more if you're breastfeeding.

4. STAY ACTIVE

Gentle exercise can help improve your mood, boost your energy, and speed up your recovery. Talk to your healthcare provider or midwife about when it's safe to start exercising after giving birth, and start with low-impact activities like walking, yoga, or swimming.

5. CONNECT WITH OTHER PARENTS

Joining a support group or online community for new parents can help you feel less isolated and provide you with valuable advice and emotional support. You can also connect with other parents in your area through local parenting groups or classes.



6. ASK FOR HELP

Don't be afraid to ask for help when you need it. Whether it's asking your partner to take over night feedings or asking a friend to come over and hold your baby while you take a shower, accepting help can make a big difference in your postpartum experience.

7. TAKE CARE OF YOUR MENTAL HEALTH

The postpartum period can be an emotional rollercoaster, and it's important to prioritize your mental health. Make time for self-care activities that help you feel calm and relaxed, like taking a warm bath, practicing meditation or deep breathing, or reading a good book. If you're struggling with anxiety, depression, or other mental health issues, don't hesitate to seek professional help.

8. CONSIDER SEEING A LACTATION CONSULTANT

Breastfeeding can be challenging, especially in the early weeks. If you're struggling with breastfeeding or experiencing pain, a lactation consultant can provide you with guidance and support to help you succeed. You can ask your healthcare provider for a referral or search for a certified lactation consultant in your area.

9. TAKE IT SLOW

Don't put pressure on yourself to "bounce back" to your pre-baby body or routine right away. Your body needs time to heal and adjust to your new role as a mom. Be gentle with yourself and prioritize rest, self-care, and bonding with your baby.

10. PLAN AHEAD

Before your baby arrives, take some time to plan for the postpartum period. Stock up on essentials like diapers, wipes, and breastfeeding supplies, and prepare some freezer meals or arrange for meal delivery services to make mealtimes easier. You can also create a list of tasks or errands that you might need help with, so you can delegate them to your partner, family, or friends.

11. GET OUTSIDE

Spending time outdoors can be a great mood-booster and help you feel more connected to the world outside of your home. Take a walk with your baby in a carrier or stroller, or simply sit outside and enjoy some fresh air and sunshine.

12. CONNECT WITH YOUR PARTNER

The postpartum period can be challenging for both you and your partner. Make time to connect and communicate with each other, even if it's just a few minutes of uninterrupted conversation each day. Consider scheduling a date night or hiring a babysitter so you can have some time alone together.