



TRIMESTER FOUR

Post Partum Planner

- Rest
- Nourishment
- Physical & Emotional Recovery



Plan Meals

*List your most
comforting meals*

Breakfast

**Easy
Meals**

Lunch

Dinner

- **stock up on healthy snacks that are energising** (dips & crackers, nuts, fresh & dried fruit, energy bars)
- **arrange regular food shop delivery if possible**
 - **prepare and freeze meals in advance**
- **keep hold of your favourite take away menus**
 - **ask visitors to bring a meal or cook**

*Eating often
and frequently
boosts energy
and milk supply*

**KEEP
HYDRATED!**

Set Boundaries

*Protect your space
and make a list
of who you wish
to be surrounded by*



Immediately
after birth

Day 2 -4

...who will
support that
this is a time to
prioritise your
rest?

Week 1 - 2

...who is
reliable?

Week 3+

...who are you
comfortable to
be around when
you feel most
vulnerable?



Care for Yourself

When and how often in your day can you make space to do something that makes you happy?

Who will support you to achieve this?

What internal resistance do you feel about giving yourself this time?

Make a list of little things you can do for yourself

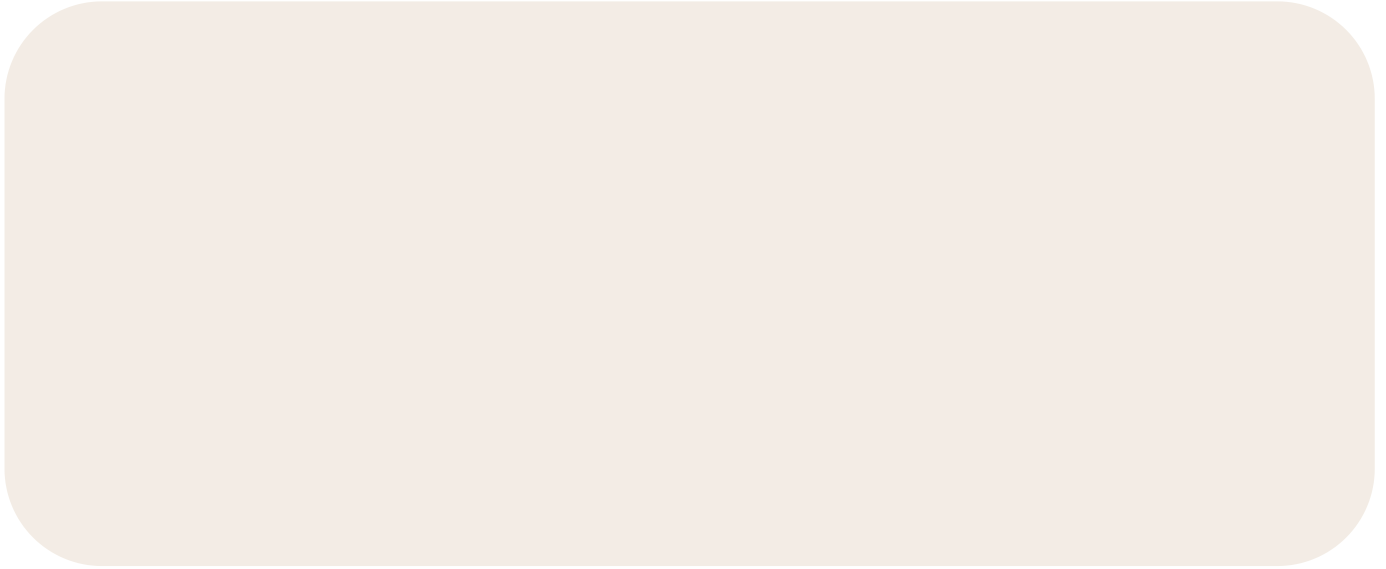
..have a bath, sit and enjoy a cup of tea, listen to your favourite song / playlist

Oxytocin is released when you do things that make you happy

- It increases empathy, compassion, bonding
- increases milk supply
- lowers blood pressure
- decreases sensitivity to stress & pain
- makes you more social
 - calms you
- makes you tolerant to monotony or boredom

Prioritise your Rest

How can you ensure that you get good quality rest?



What tasks can you share, delegate or outsource that would help support your rest & recovery in the first few weeks post partum?

cleaning, childcare,
school runs, shopping...

What acts make you relaxed & refreshed?

..having a shower, washing your hair,
giving yourself an hour of alone time,
sleeping...

*Daily Grounding
Practice*

Take deep breaths, stretch,
do something relaxing, say no
to what you don't want, stay
present, speak kindly to
yourself, note your emotions
without judgment, and
release tensions you
feel growing

Plan Your Recovery

What support would you like that can support your health & wellbeing ?

...postnatal doula, psychotherapy, massage, reflexology...

What can you do in the first few weeks to help your body heal easily?

What tasks can you avoid until your body heals?

Items that aid post partum recovery

- maternity pads
- maternity panties
- peri bottle
- peri spray / witch hazel
- padsicle
- maternity bras
- nipple balm
- nipple barriers
- washcloths for warm & cold compress
- comfy loose clothes

Daily Affirmations

- I honor my body for the miracle it has created.
- Each day, I grow stronger and more confident in my recovery.
- The changes in my body are symbols of the magic that grew within me
- I release guilt and welcome patience with my healing journey.
- My body knows how to recover — I trust its wisdom.
- I am allowed to slow down and simply be.

things to consider during this period

- postpartum bleeding
- after-pains • recovery from c-section
 - difficulty going to the toilet
 - perineum healing and stitches
 - dealing with birth trauma

Seek Support

*It's okay
to ask
for help!*

Be aware of the signs of postpartum depression and share it with the people around you to help ensure your own mental well being

who do you trust for
practical & emotional
support?

what professionals,
groups or help lines
are available to you?

- persistently feeling sad, anxious and overwhelmed
- feeling agitated, short tempered and angry.
- a loss of interest or pleasure in usual activities that made you feel happy
- feeling guilty, worthless, or like a “bad mother”
- trouble bonding with your baby
- withdrawing from family or friends
- extreme tiredness or lack of energy
- having thoughts of harming yourself or your baby

Take your Time

*Take a moment to
honour the woman you were
before becoming a mother*

*Embrace all the shifts
that you continue
to experience*

**Those early days with your
newborn and precious.
What do you want these days
to look and feel like?**

**What responsibilities can you
let go of so you can fully enjoy
this time with your baby?**

*Give yourself
time to adjust*

1-5 days

Whether you had a natural birth or a c-section, your body has gone through something major, so prioritise your rest, recovery & bonding with your baby.

Days 5 - 10

You may start light activities like stretching and sitting up, to a degree that you feel supported

2 - 4 weeks

You may begin to increase your movement and engage in more activities. Avoid doing heavy tasks and always listen to your body and where you are in your recovery. Don't push yourself!

Weeks 4-6

You may be more in sync with your baby and feel more confident in your role and choices as a mother.