



The Ultimate Guide to Postpartum Success



GAME PLAN YOUR SLEEP

Not for baby, for you! Sleep is absolutely everything. Not getting enough sets us up for thyroid issues, adrenal problems, depression, anxiety, relationship problems, and so many other issues. It is critical to game plan how you can make sure you get enough sleep. If you have a partner, talk to them about how they can protect your sleep. For example, they can get up with the baby in the morning and let you sleep a couple extra hours. This is especially critical if you are breastfeeding, because the nights will mostly fall to you.

STOCK UP ON ADAPTOGENS

Adaptogens are a class of herbs that help our bodies adapt to stress so our bodies take less of a hit from sleepless nights and the non stop act of parenting a little one. Ashwaganda is an amazing one that has long been used in Ayurvedic medicine. It is known to boost the immune system, calm the nervous system, and over time calm the body's response to stress so stress has less of an impact on your health.



LACTATION CONSULTANT

If you're planning to breastfeed, find a lactation consultant BEFORE baby comes and have them in your phone, ready to call. If breastfeeding issues arise, you have someone to call for help quickly before your frustration level gets too high and before your poor nips take the brunt of a bad latch.



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NOURISH YOUR BODY

Pregnancy depletes the body, and if you're breastfeeding, that depletes the body even further. When we are exhausted postpartum, we tend to grab quick and easy foods, but not always healthy ones. Make plans now for how you can get nutritious meals into your body postpartum. When we don't, we see the impact of nutritional deficiencies on our health years down the road. Stay on your prenatal vitamins, eat plenty of produce and whole foods, and chug water. Setting up a meal train or having a freezer meal party can be a huge help in preparing.

MAKE A LIST OF SISTERS

We need other people who have walked the road of parenting a newborn before. We need others to hear us and see us and tell us we are doing great. We need them to sit with us and hold space for us as we transition into a whole new life. Make a list of people that you can call on and what days they are available to stop by and check on you or help out with the laundry, dishes, food or errands. We need a community to stay well postpartum. Consider reading the book *Seven Sisters for Seven Days* by Michelle Peterson



REPEAT AFTER ME

"It's ok to ask for help." It is. Repeat this mantra every day. Our society says it's not ok. Our expectations are that we should be able to do it all, but we can't and no one actually is doing it all well. Your friends would love to help you. You have your list, actually call on the people on that list and ask for someone to come sit and fold laundry or clean and you can talk to an adult. Better yet, before baby comes, ask the people on that list to regularly check on you in the weeks after baby arrives. Accept all the offers of help and food that come your way.

