

Postpartum Planning

THE JOURNEY OF YOUR BODIES RECOVERY

Start Planning Before Birth ✨

Postpartum planning should begin before the baby is born. Create a plan with your partner or support system, and consider factors such as postpartum recovery, feeding options, and childcare.

Prioritize Self-Care ✨

It's important to take care of yourself physically, emotionally, and mentally during the postpartum period. Make a list of self-care activities that you can do daily, and delegate tasks to others when necessary to ensure you have time for yourself.

Ask For Help! ✨

Don't be afraid to ask for help from family, friends, or a postpartum doula. They can assist with household chores, cooking, or caring for the baby while you take time to rest and recover.

Be Flexible ✨

Postpartum recovery and adjustment can be unpredictable, so it's important to be flexible and adapt your plan as needed. Be patient with yourself, and remember that it's okay to ask for help or make changes to your plan as necessary.