

# Hints For A Smooth Postpartum



## SLEEP

- Put a message in your voicemail saying everyone is healthy and fine and calls will be returned someday in the future!
- Sleep, nap or just lie down without your cell phone when baby sleeps.
- Practice sleeping while breast/chestfeeding lying down.
- Limit socializing time.
- Put a sign on your door when you are sleeping or don't want to be disturbed.

## RELAX

- Have company only if they are positive and helpful.
- Get some fresh air everyday, go for a walk, take a break.
- Play music, do some deep breathing, practice yoga, get a massage.

## ASK FOR HELP

- Arrange ahead of time for meal delivery service, online meal sign-up service your friends and family can sign up on.
- Hire a postpartum doula or other household cleaning help.
- Consider diaper service.
- Communicate clearly with family members who offer to help what their roles will be: Cleaning, grocery shopping, cooking, laundry, errands.

## BONDING WITH PARTNER AND BABY

- Arrange some alone time with the three of you.
- Discuss ahead of time what is important, what your priorities are.
- Communicate your feelings as they arise about your new roles as parents.
- Discuss caring for your new baby: who, how, when.
- Share expectations and plans about the baby and your new roles.

## BREAST/CHESTFEEDING AT NIGHT

- Keep feeding time boring with low lighting, fewer diaper changes, less stimulation of baby.
- Breast/chestfeed in bed, partner or helper can change, rock or walk baby after feed.
- Keep a snack or drink on bedside table.

## ADJUSTMENT PERIOD

- Give yourself 6 weeks to adjust - you will feel stronger, more confident in time.
- Allow time for both physical and emotional adjustments.
- Each day is different.
- Throw away the clock and don't expect baby to follow a schedule.
- Hold, kiss, snuggle with baby and one another in this very special period!