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6 Steps of Postpartum Self Care

- 1) Get 3 hours of sleep in a row- everyday—TWICE!

Think of this as a goal to work towards if your baby is very young. Three hours gets you a full cycle of REM sleep—this is more restorative than multiple smaller chunks of sleep.

- 2) Eat healthy foods

Get plenty of protein, fruits and vegetables. Have people bring you healthy food. Try to stay away from processed or sugary foods.

- 3) Get outside everyday

The fresh air and change of scenery will be refreshing, even if you just walk around the block, plus exposure to sunlight helps your body make vitamin D which is important for brain function. This is important even if it's cloudy and gray out!

- 4) Get some exercise

You might not feel like moving much, but you will feel better afterwards with some endorphins! Listen to your body about how much you can do as you recover from pregnancy and birth.

- 5) Get a break from your baby- everyday

Babies are very demanding—they want what they want and they want it RIGHT NOW, 24 hours a day. Everyone deserves to get a break from that level of responsibility.

- 6) Talk about how you feel

Have people you can talk to about how you **really** feel—people who will accept you and your feelings for how they are without judgment.

This information is not meant as medical advice. If you are concerned, contact your care provider. If these home support suggestions are not enough—therapy and medication may be helpful, please seek medical advice. Perinatal Support of Washington, maintains a list of providers skilled at working with individuals facing a Perinatal Mood or Anxiety Disorder. You can visit their website at: perinatalsupport.org