



Postnatal Recovery Plan



Every new parent needs a plan! Often, we are so focused on the birth that it is easy to forget that there will be challenges on the other side too! Here we talk through some different things to consider before your baby arrives.

Just like we often suggest a birth plan is called Birth Preferences because you never know what will happen, it is useful to be flexible with your ideas about the postnatal period. However, I do strongly believe that Postnatal Preferences are important to think about. If you haven't had your baby yet then you may have set ideas about what you are hoping for. If you have had your baby but didn't make a plan, it's not too late. You can set these ideas into motion at any point!

I love the idea of creating a 'vision board' for your postnatal recovery - cutting pictures out of magazines/ printing things off of the internet to create a visual of what you are hoping for.

Rest

- Make a list of potential helpers - both paid and unpaid - to help with the running of your house. Think cleaning, washing, other chores, cooking, childcare etc.
- Write a 'new mother/baby sleeping' sign for your front door
- Write a list of who will be able to visit and what you can ask them to do to help
- Consider your rest plan
- Create your 'happy place' a chair with things around that will make you feel nourished - candles, cushions etc
- Think about how you relax best - meditation apps, techniques, audio books,. Finding ways to connect with your pre-baby self will do wonders for your mental health

Food

- Find people from your lists above to make and bring food.
- Consider the meal train website www.mealtrain.com
- Batch cook and freeze
- What deliveries do you have access to? - supermarkets, take away meals, frozen, fresh, meal boxes
- nutritious non perishable snacks
- Make sure you have a sling so you can have your hands free to eat

Bodywork

- Abdominal/pelvis binding
- Postnatal massage
- Specialist manual therapist such as osteopath/physio
- Keeping warm

Social support

- friends, family, neighbours
- hired help (doulas, nannies, cleaners...)
- online support (social media groups, whatsapp groups...)