

#howareyou?



post-birth wellness plan

PANDAS
0808 1961 776


parentline
1890 927 277

www.anewmum.com



Care Plan

Self-Care Options



Self-care products that would work for me:

People I can talk to about my feelings or baby if I need to:

How will I keep active in a healthy manner?

How will I establish a healthy relationship with food?

Relaxing activities that appeal to me that appeals to me (yoga, keeping a journal, meditation, reading, cup of tea):

Practical support I can put in place (babysitter, meals, cleaning, shopping, sleeping):

What can I do to make up for lost sleep and feel more rested (early to bed, sharing night duty with a partner, taking a nap when baby is sleeping)?

What can I do to boost my energy (food choices, relaxing, sleep, routines & time management)?



Community Support

Parent / sibling / partner / friend I feel I can trust and talk to:

People I can ask for practical support:

Local support groups / places to meet other mums:

Antenatal classes / online communities / podcasts that can provide me with additional support:



Professional Support

Primary Healthcare Provider (OBG*, GP*, Midwife, Psychotherapist*, Fisio):

**may prescribe medication*

Allied Healthcare Support (Doula, Breastfeeding Consultant, Nutritionist, Sleep Expert):

Helplines:



Understanding Post-Birth Wellness

Did you know that the reason why airlines advise adults to put their own emergency masks on before doing so for others, is because one's ability to support others diminishes as your own oxygen levels drop.

As a new mum (whether you are a first-time mum or not) you need and deserve as much care as your precious infant. In fact, like with the emergency oxygen mask, you will only be able to take care of all your baby's needs if your own needs are being met.

This plan is to help you prepare for your overall post-birth wellness. To do that you first need to understand:

- A. the interdependent nature of your mental and physical health before, but especially after birth
- B. the 5 interdependent needs that have a combined effect on both your postpartum mental and physical health (emotional care & comfort; sleep; food; physical care & comfort; time & energy)
- C. the 3 methods of care that supports your postpartum needs as a new mum (self-care; community support; professional support)



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interdependent post-birth
wellness model



baby has own set of needs
that mum needs to meet



Mental Health

Having mixed emotions about your pregnancy and baby is normal. Hormone fluctuations can create highs and lows before and after birth and it is not unusual for your mental health to be affected. Postpartum pain or discomfort, change of eating habits and lack of sleep or diminished energy levels can also cause:

| | | |
|---|---|--|
| Emotional fluctuations Feelings of being overwhelmed Being irritable | ➔ | You may be experiencing normal postpartum mood swings. These should go away after a couple of weeks. A lot of self-care & community support required. |
| Unhappiness Anxiety Depression Being forgetful | ➔ | You may be experiencing postpartum depression and anxiety. Self-care & community support remain important, but you should get professional help as well. |
| Intrusive or obsessive thoughts Feeling of hopelessness and despair A disconnect with reality Suicidal/ harming thoughts | ➔ | Call for immediate professional help: Parentline (Ireland): 1890 927277 Smaritans (Ireland): 116 123 PANDAS (UK): 0808 1961 776 Shout (UK): text 85258 |

Physical Health

Many women are under informed about the physical changes and challenges they will experience during the first year after giving birth. Although most of these problems are not too serious, they too can have an impact on your mental wellness. Problems include:

| | | |
|--|---|--|
| Stretch marks Swollen breasts Discomfort or pain in the perineal area (between vagina and rectum) Hemorrhoids and constipation Change of appetite Difficulty regaining pre-pregnancy shape Tiredness & lack of energy Hair loss | ➔ | You may be experiencing normal physical side-effects to giving birth. With the right self and community care, your body should heal itself. Be gentle with yourself and embrace your post-partum #storylines |
| Blocked milk ducts or mastitis (inflamed breasts) Getting sick more often Infections Urinary or stool incontinence Excessive bleeding | ➔ | Self-care remains important but you should get professional help as well from your GP, OBG, Midwife, Doula or Fisis |



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