YOUR

Postpartum well-being guide



A guide to nurturing your body, mind & soul

By Lydia,
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Introduction

Whether you're a day, a week, a month, or a year into motherhood, your physical and emotional well-being matters.

This guide is a gentle companion, designed to meet you in this moment. It encourages small yet intentional steps toward your own care, helping you reconnect with your own needs in ways that feel achievable and kind.

One step at a time, you can create space for healing and rest.
Often it's simply knowing where to start.

> *A mothers well-being is not a luxury, it is the root from which everything else grows...*

About Me



With more than 14 years of experience as a midwife, I've had the privilege of supporting thousands of parents from all walks of life. My passion for this work runs deep - because while parenthood is beautiful, it can also be challenging.

As a midwife, I've witnessed it.
As a mother, I've felt it.
The pressure. The guilt. The quiet urge for everything to look perfect, even when we're unraveling inside.
Somehow, we convince ourselves that everyone else is doing better. More often than not, we're all feeling much of the same feelings, even if the path we're walking is a little different.

I'm here to be part of your village. To empower you and give you the permission you need to slow down and find your calm.

I hope this guide finds its way into the hands of those who truly need it. Maybe you're sitting in the quiet of a 3am feed and wondering how your whole world suddenly became about this beautiful little person and not at all about yourself?

No matter what, just do one thing for you tomorrow.
I promise you'll be glad you did ♡

Lydia

What's included...

Gentle self-care

Start with simple moments - things that make you feel good!

Nourish your body

Prioritise your recovery - what will help you heal physically?

Emotional wellness

Postpartum emotions are real and absolutely valid. Look to your village for support!

Gentle movement

Balancing stillness and gentle movement is key to your recovery

Guilt-free rest

Rest doesn't have to mean sleep... Slow down and catch your breath

None of the information in this guide is intended as medical advice. Please consult with your GP, Midwife or Obstetrician should you have any needs or concerns regarding yours or your baby's physical or emotional health.

1 Gentle & achievable self- care

- Implement gentle daily rituals
  - A 2-5 minute meditation and affirmation - Breathe deeply & remind yourself what a wonderful job you're doing!
  - A short skin care routine at the beginning and at the end of each day
  - Take a moment at the end of every evening to pause and find a moment of gratitude in your day

- Wear something comfortable - be kind to your postpartum self and think only about what feels good for your body right now.

- Step outside for a few minutes of fresh air and sunshine, even on the days where you have no plan to go anywhere.

- Take a warm shower or bath when it feels possible. - Try not to rush; light a candle, dim the lights and enjoy some soft music or perhaps you'd prefer some silence.

- Avoid too much screen time and scrolling, especially in the evenings and at bedtime. Swap out your phone for a few minutes of conversation and connection with your partner.

Healing takes time,
be kind to yourself

2

Nourishing & hydrating your body



Your body has given so much, now it's time to give back to it

- Think ***warmth*** - your body will be grateful for warm foods & drinks - nutritious and delicious! (Soups, stews & herbal teas).
- Give your digestive system a little extra care during recovery. Hormonal changes, pain and medications can all affect your bowel movements and cause constipation.
- Set up a snack station within arm's reach of where you often sit with your baby and ask your partner or a close support person to be responsible for keeping this stocked up!
- Simplify meal times as much as you can and order from a recommended meal delivery service or bulk buy general healthy meal kits.
    - The Whole Bowl Co & The Dinner Ladies are both well regarded services.
- Have a large water bottle on hand always and work on staying well hydrated. Especially if you're breastfeeding!

Asking for help is strength, not weakness

3

Emotional wellness

- Keep open communication with your support people. Share the good moments and the challenging ones too. A simple idea is to send daily voice-notes to the people you trust, maybe a friend who is also on their motherhood journey

- Use affirmations - ‘I am doing my best’, ‘I can be so in love with my baby and still find this hard’. Put them in places you will see them often - on your fridge or next to your coffee machine!

- Believe that you are never, ever alone. There is another mum, somewhere, feeling the same feelings as you right now. Joy, fear, happiness, overwhelm - motherhood is a beautiful mix of them all.

- Lean on your village and don’t be afraid to tell them what you need. Silence usually isn’t a lack of wanting to help, it's more so about not knowing how. What you need today might be different to what you need tomorrow, try and be open and honest about what will help you right now.

- Hold boundaries to protect what feels right for you - It’s ok to say no to visitors or to cancel plans at the last minute without feeling guilty or the need to explain yourself.

- ‘Many hands make light work’ - accept help and delegate tasks to others. Can somebody else pick up your food shop? Take the dog for a walk? Or, pick the older sibling up from school?

4 Gentle movement for you recovery



Calm the nervous system
Restore focus
Invite stillness

- Give time for some light breath work to settle your nervous system;
  - Example ‘Box-breathing’ - Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds, repeat for 2–5 minutes.
- Pelvic floor awareness - understand how and when to do your pelvic floor exercises and consider engaging with a pelvic floor Physio
- Avoid high impact exercise for typically the first 6-12 weeks, sometimes longer. Consult with your caregiver on when it is safe to return to exercise and only start when you actually feel ready.
- Light stretching and yoga - even a short 5-10 minutes of movement can help you reconnect with your body and bring a change to your mindset
- Gentle, short and slow walks outside - fresh air truly fixes many things! Go at your own pace and only do what feels achievable right now. Always listen to your body.

5 Rest, without guilt!

- Practice horizontal rest for 5-10 minutes at a time.
  - If you can be alone, wrap yourself in a warm blanket, lie comfortably and remain still, close your eyes.
  - If you have your baby with you, always follow safe sleep guidelines. Lying down together is still a great idea and even when you can't actually fall asleep, lying down still gives your body a rest.
  - Play soft music or nature noises in the background for a soothing atmosphere

- Listen to a short 5-10 minute guided meditation each day - or when you have the opportunity.

- Reach for your book, instead of your phone. Read a book in short bursts, preferably something light and easy - reading 1-2 pages will offer distraction and a refreshing rest for your mind.

- Listen to a podcast - perhaps something unrelated to parenthood sometimes.

- Use soft lighting during feeds and overnight to promote peace and avoid overstimulation. This allows you to return to sleep quicker.

- Let others support you in getting some extra rest or alone time, even if you don't feel like you really need it, a few minutes break can make a huge difference to how you feel.

> *To give your best, you must first take care of yourself*

Postpartum brings with it enormous change. It is real, sometimes raw and always powerful. It brings with it a tide of emotions and often you feel two truths at once; 'I'm so in love and happy but this is harder than I expected'.
The calm and the overwhelm ebbs and flows with some days feeling messy and others, magical. Every day is valid and worth talking about.

Safe spaces where you can find further support should you need it ♡

Local GP
Obstetrician/Midwife
Lactation Consultants
Women's health physiotherapist
Mothers group

COPE - Centre of Perinatal Exellence 1300 740 398
Emotional support in pregnancy and the first year of parenthood

Parentline (NSW) 1300 1300 52
Confidential counselling for parents
8am-10pm 7 days a week

PANDA 1300 726 306
Support mental health and well-being of expecting, new and growing families

Gidget Foundation 1300 851 758
Face to face psychological counselling
Telehealth services

ForWhen HELPLINE 1300 24 23 22
Free national phone service connecting expecting parents to critical mental health services in their local area

Beyond Blue 1300 22 4636
Call or chat online to a counsellor