



ELEMENTAL
BEGINNINGS

25 SECRETS FROM A POSTNATAL DOULA



BABYMOON BLISS

25 secrets from a Postnatal Doula for your sanity and survival after the birth of your baby

1. Get your visitors to top up your fruit bowl with fresh, organic fruit. That way you'll always have a supply of snacks you can eat with one hand
2. Set aside at least 10 minutes each day for ME TIME. This could be a simple activity that includes baby but remind yourself that this time is to nurture you.
3. While you are pregnant, practise asking your partner/support people for specific help. Think of it as teaching them to support you and you learning to ask for help once baby arrives.
"Would you make me a cup of chamomile tea?"
"Will you help me get to bed earlier tonight"
4. Don't just read books on pregnancy and birth; look for articles and books about preparing for your postnatal period too.
5. Have a vision of what you want your babymoon to be like and discuss it with your partner or support people. You could even set up a vision board. If you're not sure what you want, then start talking about it with those closest to you.
6. Skin-to-skin contact with your babe is amazing. It may stabilise your baby's heart rate, body temperature and blood sugar levels. Babies held in skin-to-skin contact are more successful at breastfeeding and cry less than babies who do not experience it. Partners can hold babies skin-to-skin as well as mums!
7. Set up a meal train for yourself; ask family, friends, co-workers, neighbours to pick a date and bring you a fresh meal or one that can be easily reheated.
8. Abandon any guilt you might have around asking for and accepting help. You do not need to do everything yourself.
9. Find some positive parenting affirmations and reminds yourself each day of what a fabulous job you are doing.
10. Start building your village of support while you are pregnant. Surround yourself with people who will build you up and be supportive of your choices.
11. Rest or sleep as often as possible, make yourself and your baby the priority not the housework.
12. Squirt some overnight pads with witch hazel and pop them in the freezer. Perfect for providing some relief to your sore perineum after birth
13. Learn to delegate some of the baby care to your partner or support people. Let them do it their own way, remember you are delegating the outcome, not the process. This helps build their self esteem too!

14. Learn about newborn behaviour including sleeping, feeding and crying. It is very normal for them to NOT follow a schedule.
15. In the first few weeks, choose to have visitors that will look after you, not the other way around. You don't want visitors that expect to cuddle the baby while you make them a cup of tea. There is plenty of time for this after your babymoon.
16. Wear your baby - holding baby close is comforting to you both, and there are numerous health benefits for the baby as well. Invest in a comfortable sling, wrap or carrier; it is one of the truly indispensable pieces of baby gear that you should not be without.
17. Look after your nutritional needs to aid in your recovery. Keep your house stocked with food that is healthy and easy to eat. Get someone to make you a lunchbox of diced carrots and cucumber, a boiled egg, mini muffins or fruit that you can eat without preparation.
18. Use heat packs or a hot water bottle to relieve some of those after birth cramps, sore muscles or engorged breasts.
19. Don't expect to return to your pre-pregnancy self straight away. Your body and you will be forever changed from giving birth. Embrace these changes and work with the new you.
20. Know the signs of postnatal depression (for you and your partner). If the baby blues are hanging around longer than you think they should, speak to your care provider about it and get some help. Men experience postnatal depression too.
21. Keep a list on the fridge of supplies you need to buy or little jobs that need to be done. That way if anyone wants to help they can have a look.
22. Cook some meals for your freezer before baby arrives. Your partner can pop them in the oven and you'll have a healthy meal in under an hour without having to lift a finger.
23. Find someone that will really listen to you in a supportive manner. At some point you will want to talk about your birth experience, what is working well for your family, how little sleep you are getting, how your other children are adjusting. Find someone with a sympathetic ear who will listen to you and not just brush your concerns aside or tell you to get on with it all.
24. Know where to go if you need help. Ask your care provider, friends, your doula or your child health nurse. They should all be able to offer suggestions for appropriate referrals. If you feel like something isn't working for you, then get a second opinion.
25. You will be offered lots of advice during your pregnancy and once baby arrives, learn to listen to it all but only apply what fits with your family's values. If you don't feel comfortable with a suggestion, then let it slide away like water off a duck's back. You are the best parent for your child!

Elemental Beginnings Postnatal Services – Adelaide

Elemental Beginnings can help make your postnatal journey easier so that you don't find yourself stressed and overwhelmed. I enable you to enjoy those early days with your baby and discover the parenting techniques that work for you. All of my support is tailored to your family's individual needs that we work out together during a free antenatal consultation in your home.

For more information contact:

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