



## Setting Up Postpartum

### **How to set up your postpartum paradise**

Check out this link for information on postpartum normal and not normal and things to expect.

<https://www.whattoexpect.com/pregnancy/pregnancy-health/postpartum-recovery>

Set up a meal train here

[https://www.mealtrain.com/?gclid=CjwKCAjwz\\_WGBhA1EiwAUAXlcVzx1OWsMD04pvDdohqKJh1wjtdA3D0YiH2osgalReV0WILNdVXj7xoCH0gQAvD\\_BwE](https://www.mealtrain.com/?gclid=CjwKCAjwz_WGBhA1EiwAUAXlcVzx1OWsMD04pvDdohqKJh1wjtdA3D0YiH2osgalReV0WILNdVXj7xoCH0gQAvD_BwE)

Get paper plates, cups, bowls, plastic silverware, etc to minimize dishes as much as possible.

Meal prep with disposable things like zip locks or those aluminum foil containers you can buy.

For meals look on pinterest or see postpartum recipes document. All of them will give you lots of choices for various things. Some things to keep in mind are

Is this meal helping my body heal?

Is this meal helping my milk supply?

Is this meal something that brings me joy?

Is this meal easy or hard to heat up again?

Will this meal make a lot or a little?

Set clear boundaries and rules for family and friends once they begin coming over. Also consider holding off on any family and friends for the first month to just bond with the baby unless you need their help or support. Families usually take well to that information as long as it's discussed clearly in the beginning. You can always send a photo.

If anyone comes over they should bring a meal, do a load of laundry, wash the dishes, watch Baby while you nap, or at least do 1 thing to help you and baby or perhaps it's to give your older children some time to play out of the house and you can have just time with baby.

Each person that comes over changes the energy in the house your no longer relaxing your entertaining. Maybe you've only been wearing a diaper and laying in bed which is perfect but now company is coming over and you have to get dressed maybe you want to shower before, is baby changed, do you need to cover up to breastfeed now, if you had a not so good experience for birth are you prepared to answer everyone's questions since they don't know better, and so on. It just brings lots of extras to the table that you may not realize.

Here is more information on the subject

<https://lamaze.org/Giving-Birth-with-Confidence/GBWC-Post/postpartum-planning-visitors>

### **Solve your problems before or as they arise**

See postpartum instructions document for first going home.

#### **Breastfeeding problems and trouble shooting (Check out some of the breastfeeding documents)**

- Low milk supply? Try mothers milk tea, hydrating more with electrolytes or coconut water, eating oats, chai seeds, flax seeds, fenugreek, or lactation snacks like cookies, bars, soups, etc. Pinterest is a great resource. Feel free to reach out to me also if you need more help finding meals and snacks.

Move milk, have baby feed from each breast each feed and then pump them both to fully empty your breasts telling them they need to produce more milk.

- Nipple damage? Probably a latch problem so try this trouble shoot or reach out to me for more help. <https://www.medela.com/breastfeeding/mums-journey/breastfeeding-latch>

<https://youtu.be/xWPbykBKEMA>

This video is for sick kids but covers all the information normally used so thoroughly with real breasts and mothers.

Take a pumping break and use bottles for baby for a day or two to allow your nipples to heal some if breastfeeding gets too painful. Then try again after looking at those links above.

- Clogged duct?  
Use a breast massager

Move milk, babies are more efficient at pulling milk than pumps are so the more breast feeding the better and massage while your baby feeds

Use warm compress

Look into bowen work for fixing clogged ducts yakima, moses lake, tri cities, and Seattle have one. They are wonderful for this. They can also help with all your changing body pains and aches and helping your body come into balance again.

- Progressed from clogged duct to mastitis?  
Check out these ways to help and to expect.

<https://kellymom.com/bf/concerns/mother/mastitis/>

<https://www.todayparent.com/baby/breastfeeding/breastfeeding-how-to-prevent-and-treat-plugged-ducts/>

\*\*\*<https://kellymom.com/bf/can-i-breastfeed/herbs/natural-treatments/>\*\*\* check out this link for all natural remedies for many many breastfeeding problems

- Thrush?  
<https://kellymom.com/bf/concerns/child/thrush-resources/>
- Engorged?  
<https://kellymom.com/bf/concerns/mother/engorgement/>

#### Common postpartum issues and solutions

- Bleeding too much?  
<https://www.webmd.com/women/vaginal-bleeding-after-birth-when-to-call-doctor>  
Ways to help bleeding  
  
Try a belly wrap and lots of rest and hydration and healing meals.  
  
Try bower work there is a move they can do that stops excessive bleeding/slows bleeding most of the time.
- Really bad headache?  
<https://www.healthline.com/health/pregnancy/postpartum-headaches>
- Hemorrhoids or constipation?  
Consider being proactive and taking no sugar added Prune juice or if it's already happening ask your doctor or OB about a laxative and amount to take. Try eating lots of fiber and staying very hydrated. Reach out to get help if it continues.
- Ab Separation, weak pelvic floor, pain during sex, or incontinence?

There are many moves you can do at home, but you also can reach out to physical therapy, and bowerwork. This link however is made by two women who were told they would need major surgery to fix their issues and they refused and figured it out then made a program.

<https://sharnyandjulius.com/scpf/>,  
[https://every-mother.com/?gclid=CjwKCAjw5remBhBiEiwAxL2M9069YwwYCoou\\_9FLYf0iH1Ar4-DvucOVaggX0fEsxf4VB15rZcGTlXoCyrkQAvD\\_BwE](https://every-mother.com/?gclid=CjwKCAjw5remBhBiEiwAxL2M9069YwwYCoou_9FLYf0iH1Ar4-DvucOVaggX0fEsxf4VB15rZcGTlXoCyrkQAvD_BwE)

- Hair loss? <https://www.aad.org/public/diseases/hair-loss/insider/new-moms>
- Postpartum mood disorders? **See postpartum mood disorders documents.**

If you think you might be having an issue with this reach out to anyone and ask for help, preferably a professional or someone you trust to find you a professional to help you. Your OB, Midwife, doula, lactation consultant etc. would be happy to help so would most of your loved ones. The hardest part is recognizing it and asking for the help you need.

### Tips and tricks

- <https://busybloomingjoy.com/first-time-parents-newborn-hacks-tips/> general tips
- <http://artiesmom.com/new-mom-tips-and-tricks/> general tips
- <https://pin.it/oN3RUVe> Diaper change hack
- <https://loveliliya.com/2020/01/28/30-newborn-tips-tricks-hacks-for-the-first-30-days/> general tips
- <https://pin.it/3NTEtey> swaddling Baby
- <https://www.motivationformom.com/the-7-reasons-babies-cry-and-what-to-do-to-help-the-m/> soothing a crying baby and why they are crying
- <https://youtu.be/XZSYp6-CVC4> car seat hack
- [https://youtu.be/IIZW\\_SvVWT8](https://youtu.be/IIZW_SvVWT8) car seat installation
- <https://youtu.be/iMctMVcuG0w> how to properly secure you child in a car seat
- <https://youtu.be/xRkRlvPGywM> soothing g a baby video.
- [https://youtu.be/RHWj6R0\\_1j8](https://youtu.be/RHWj6R0_1j8) feeding Times and tips for sleep or not
- [https://www.google.com/search?q=normal+baby+poops&oq=normal+baby+poops+&aqs=chrome..69i57j0i22i30l4.8897j0j4&client=ms-android-verizon&sourceid=chrome-mobile&ie=UTF-8#imgsrc=3VExvM24w\\_jqM](https://www.google.com/search?q=normal+baby+poops&oq=normal+baby+poops+&aqs=chrome..69i57j0i22i30l4.8897j0j4&client=ms-android-verizon&sourceid=chrome-mobile&ie=UTF-8#imgsrc=3VExvM24w_jqM) poops normal? Not normal?

### Milk times and storage

[https://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

<https://www.verywellfamily.com/the-colors-of-breast-milk-431984>

Colors of breastmilks

<https://www.medela.us/breastfeeding/articles/what-affects-breast-milk-taste-and-smell>

Taste and smell

### Baby feeding and Diaper schedule

<https://pin.it/5ofNby4>

<https://pin.it/24Fq34V>

<https://pin.it/2JcZACy>

### Sex after baby

Go slow if you don't feel like it then don't.

Try being in control the first time. Do lots of foreplay to get you into the mood I mean waaaay into the mood before moving forward this can help if your nervous. If your on top you can control exactly how slow and deep you go and take it at your pace. The key is to communicate and go very slow until your comfortable it's not great in the beginning but should get better if it doesn't don't push through that look into pelvic floor help and more. People may even tell you it's normal for it to keep hurting and it will stop but it's not.

<https://www.parents.com/parenting/relationships/sex-and-marriage-after-baby/how-to-have-great-postpartum-sex/>

<https://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/sex-after-pregnancy/art-20045669>

### When to give Baby a pillow

<https://www.healthline.com/health/childrens-health/when-can-toddler-have-pillow>

### How often Baby will sleep

<https://kidshealth.org/en/parents/sleepnewborn.html>

### Sleep schedule/when to introduce if at all

You don't have to do cry it out or any other harsh methods it just takes a little longer the other ways.

<https://www.whattoexpect.com/first-year/baby-sleep-schedule.aspx>

### How to get older kids involved and helping

<https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Preparing-Your-Family-for-a-New-Baby.aspx>

<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Managing-Older-Siblings-While-Breastfeeding.aspx>

### Dad depression

<https://www.healthychildren.org/English/ages-stages/prenatal/delivery-beyond/Pages/Dads-Can-Get-Postpartum-Depression-Too.aspx>

### Finding ways to bond with baby and not get stir crazy

<https://www.parents.com/baby/feeding/30-little-ways-to-bond-with-baby/>

Attend mom and me groups so you have a sense of familiarity and normalcy in issues your having or how your feeling.

Reach out for a friend to talk to when you need to or your husband. Sometimes you just need to vent parenting is hard and tiring.

Pick something you love and do that no matter what once a month. Take a you day.

Find ways to improve yourself try drinking more water or changing a habit that's been bothering you just 1 not too many but that way you feel good about yourself and something your doing even when your laying in bed all day or resting a lot.

Learn something new for fun, read a book, try a new TV show, try yoga for the first time, etc

Just go for a short walk when you feel up to it to get fresh air and a change in scenery.

If you feel you have too many thoughts going on then write them down sometimes that alone helps.

Lonely? Ask someone to come visit you or go somewhere public like the library.

Baby wear so you can do more and lessen that tied to baby feeling even though it's literally the opposite of solving that problem it can make it feel better.

Find things to do with your baby and celebrate the small wins like maybe now you sleep 3 hours instead of two, baby has good poops, no more spit up and you got a Burp routine down then celebrate.

Try ordering food out and having it delivered or sending someone to get it for you for a special meal or try going out for the first time just you baby and partner.

Get creative look up things to do at home/ with a new baby. There are lots of options now that covid happened and everyone was home for a long time.

Most importantly rest, take it day by day, your doing a great job, there is no perfect mom believe me I try and I for sure still have doubt issues or guilt over some things and slack on rules occasionally. It's about finding balance not control.

Your house doesn't have to be perfect ever again learn to let a few things go for a little bit like your coffee table is piling up with baby things cups and wrappers let it go. It takes about 10 minutes to clean whenever you feel like it. IT ALWAYS HELPS TO TALK TO SOMEONE TO VENT OR COMPLAIN OR BE EXCITED SO ALWAYS REACH OUT TO WHOEVER YOU WANT. It could be an old lady at a grocery store they usually love talking and have probably been where you are but sometimes their advice can be out of date so take it as you want. This time passes and 6 months or less comes with growth and changes and easier things and then

some harder things. It's a constant growing process but if you keep trying to find ways to enjoy it and be happy not get stuck in an anger trap or yelling all the time even when it's hard. The trying it what matters.

Much love to all you postpartum mamas or soon to be. Good job for making it through this whole thing and good luck! See other postpartum documents for specific subjects.