

# Self-Care Toolkit for New Mothers

## YOUR PRACTICAL GUIDE TO POSTPARTUM WELLNESS

### Daily Wellness Checklist

#### Essential Self-Care Activities

- ☐ Track water intake
- ☐ Ensure 3 balanced meals with protein and veggies
- ☐ Attempt to sleep when baby sleeps
- ☐ Shower, change clothes, basic grooming
- ☐ Gentle walking or stretching (as medically cleared)
- ☐ 5-minute quiet moments for deep breathing

### Mood Monitoring Guide

#### Track these daily indicators:

- ☐ Energy level (1-5 scale)
- ☐ Mood pattern
- ☐ Sleep quality
- ☐ Anxiety level
- ☐ Social connection
- ☐ Physical recovery

#### *Red Flags to Watch For*

- ☐ Persistent sadness lasting more than 2 weeks
- ☐ Difficulty bonding with your baby
- ☐ Overwhelming anxiety about the baby's safety
- ☐ Thoughts of self-harm or harming the baby
- ☐ Severe mood swings
- ☐ Completed loss of interest in activities

## Quick Stress Relief Techniques

### 60-Second Calm Down Methods

- ☐ Deep Breathing Exercise
  - ☐ Inhale for 4 counts
  - ☐ Hold for 4 counts
  - ☐ Exhale for 6 counts
  - ☐ Repeat 3 times
- ☐ Grounding Exercise
  - ☐ Name 5 things you can see
  - ☐ 4 things you can touch
  - ☐ 3 things you can hear
  - ☐ 2 things you can smell
  - ☐ 1 thing you can taste

## Nutrition Quick Guide

### Power Snacks for New Mums

- ☐ Fresh fruit + handful of nuts
- ☐ Wholegrain crackers with cheese
- ☐ Greek yoghurt with granola
- ☐ Hard-boiled eggs
- ☐ Overnight oats
- ☐ Cut veggies with hummus

*Stay stocked with easy-to-grab, nutritious items*

## Sleep Support Strategies

### When the baby sleeps...

- ☐ Use white noise for better sleep quality

- ☐ Keep room cool and dark
- ☐ Have necessities within reach
- ☐ Consider safe co-sleeping arrangements
- ☐ Share night feeds with partner when possible

## Physical Recovery Support

### Gentle Movement Guidelines

- ☐ Start with short walks around the house
- ☐ Basic stretching exercises
- ☐ Pelvic floor exercises
- ☐ Posture awareness during feeding
- ☐ Gradual increase in activity

## Communication Cards

### Express Your Needs

- ☐ “I need a 30-minute nap.”
- ☐ “Could you hold the baby while I shower?”
- ☐ “I need help with household chores.”
- ☐ “I am feeling overwhelmed and need support.”
- ☐ “Can you arrange for food delivery today?”

## Support Groups

- ☐ List local mother support groups
- ☐ Breastfeeding support contacts
- ☐ Postpartum doula services

## Daily Affirmations

- ☐ “I am doing my best.”
- ☐ “It is okay to ask for help.”
- ☐ “This phase is temporary.”
- ☐ “I am learning and growing.”
- ☐ “My feelings are valid.”

## Weekly Self-Check Questions

1. Have I connected with someone outside my home this week?
2. Did I get any time for basic self-care?
3. Am I eating regular meals?
4. Have I had any time outdoors?
5. Do I need additional support?

If you're struggling, reach out to your healthcare provider or support system. Help is always available.

*This toolkit is meant as a supportive guide and should be used in conjunction with professional medical advice.*