

Mind and Body Care for the Breastfeeding Mom

Dear Awesome and Beautiful Mom,

Here's your personal checklist to remind you to take care of your mind and body while breastfeeding.

Mind care

Practice these daily habits to clear and nourish your mind.

- ☐ Write 3 things you're grateful for each day.
- ☐ Spend 2 minutes writing in detail about one of the gratitude items you listed. *Use a timer so you actually start and finish this and you don't sike yourself out of doing it.*
- ☐ Take time to write an email, short note, or text to someone complimenting them on something.
- ☐ Listen to daily affirmations. I read mine aloud and record them so I can listen to the recording of my own voice saying affirmations daily.
- ☐ **Brain dump** at the end of the day for 2-5 minutes. A brain dump involves writing anything that comes to your mind to get it out of your brain and onto the page. This is also a good time to write 1-3 goals or focuses for the next day. *Use your timer — it's a hack that works every time.* 🕒

Body Care

Taking care of your body elevates your mood and builds you up, so you're able to mindfully and generously care for yourself and others.

- ☐ **Shower** first thing in the morning OR the very first chance you get. You may do well to shower at night too, if mornings are too hard.

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- ☐ **Stretch** daily. Postpartum yoga is great for stretching and strengthening.
- ☐ **Exercise** daily for 15-30 minutes once you're cleared by your provider, (after 6 weeks of postpartum recovery OR when your body says it's time. You may need more than 6 weeks to recover. *Listen to your body*).
- ☐ **Drink lots of water**-You need **12- 16 cups** a day while breastfeeding. That's about 2.5-3.5 Liters a day (roughly). **Pro tip: drink a full glass of water with each feeding.*
- ☐ **Eat enough calories**-You'll need around 3,200 calories a day, according to When You're Expecting Twins, Triplets, & Quads.
- ☐ **SLEEP.** This has got to be the most powerful thing you can do for your body. Sleep between 7 and 9 hours a day.
"Nap while the baby naps," is a common saying that is jam packed with homespun wisdom.
Please get your sleep. I cannot emphasize this enough.
 - It's needed for healing and recovery after labor
 - It's needed for adequate milk supply
 - It's essential for regulating your mood with all the hormonal and physical changes you're going through during this season.

✨ You've got this. ✨