

POSTNATAL RECOVERY PLAN

Planning for the postpartum is as important as planning for the birth. Explore the topics below to start thinking about what you could put in place to ensure that you are supported during your postpartum recovery

Social support

Who can provide you some social support? Friends, family, neighbours, hired help (doulas, nannies, cleaners), or online support?

Rest

How will you make sure you get enough rest? Help with household, visitors, naps/early night, relaxation techniques?

Food

How will you make sure you get nourishing food? Batch cook and freeze, who can cook or deliver you food, food deliveries, nutritious snacks?

Bodywork

How will you get some support for your healing body? Postnatal massages, specialist therapists (osteopath, chiropractor, physio), wrapping your belly/pelvis, keeping warm.

