



Nourishing The Mother

Easing the Transition into Motherhood

The First 6 Weeks of Motherhood

Dear Mama,

I am honoured to support your wellbeing in your pregnancy journey! Although all focus is on prenatal, it wouldn't sit right with me to not include something for you that is in support of your wellbeing after baby arrives. So I have chosen to create this little PDF package for you. This is to help ease your transition into motherhood. Included are different topics for you to connect with and consider when preparing for your first 6 weeks of Motherhood.

The first 6 weeks of motherhood can be challenging.. Learning the unfamiliar language of your baby while coping with sleep deprivation, malnutrition, hormonal imbalances and postpartum healing can take some time. Be gentle with yourself.

Mama, you got this!

Much love and warmth,

Jadine

Steps for Postpartum Healing

Preparing these steps can help you focus on bonding with your baby whilst insuring your postpartum recovery is abundant.

1

Stock your pantry and freezer with easy and healthy meals

2

Build your reserves

3

Create your nest

4

Assemble your team. Who will do the cooking, who will do the cleaning, who will help with the baby or childcare.

5

Talk honestly with your partner about the birthing process and parenthood

Food Preparation

THINK SOFT!

Soups, warm broths, creamy, fairly mild foods

AVOID THE COLD!

Avoid cold foods, ice chips, salads and raw vegetables that are difficult to digest

LOVE YOUR FATS!

Ensure foods with high, healthy fats like avocado, nut butters and cashews

OBSERVE HOW YOUR FOOD AFFECTS YOUR BODY!

Be mindful after each meal ensuring you feel fulfilled, nourished and replenished. Good healthy foods should feel energizing.

DRINK UP!

Water, water and more water! The need to flush toxins and replacing hydrations

Lochia (Postpartum Bleeding)

Regardless of whether you have experienced a vaginal or a cesarean birth, there will be some postpartum bleeding, otherwise known as Lochia. This is quite normal as your body is naturally expelling excess mucous, blood and tissue developed during your pregnancy. It is similar to a menstrual cycle, but is generally a lot heavier. Every woman will experience their Lochia different in respect. Most mothers will generally bleed for two to six weeks after their birth, experiencing a lighter and lighter flow each week until the body is finished expelling blood.

ADVICE

Purchase a bulk supply of large and medium sanitary pads

If a sanitary pad is being soaked thoroughly each hour, this may be postpartum hemorrhaging, which is quite severe, and may require medical attention.

Breast Feeding Tips

One of the most challenging and discouraging aspects of postpartum phase can be breastfeeding. Not only does this very natural process not come easy for some, it also takes a tremendous amount of time and dedication.

It is unknown as to why some mothers have an abundant supply of milk while others do not, and it can be quite devastating if a mother has the expectation or a strong desire to breastfeed, but cannot.

The decision to breast feed or not can be a sensitive topic. The information I am sharing is for the wellbeing of you and your baby, so please take from this section what you need. The most important consideration here, is for the health and wellbeing of both mother and baby. This should overrule any sense of pride or ego, and any pressures or judgment from family members and/or friends. . A mothers intuition and choices should never be ignored, and if breast feeding is not something that will be nourishing for both mother and baby, than infant formula is the best option.

ADVICE

Attend a lactation course or seminar before birth to gain knowledge and understanding of lactation.

Breast Feeding Warning Signs

It is important to know some of the warning signs and health risks that can arise from improper latching, inadequate cleaning and blocked ducts, which may result in serious infections for both you and baby. Listed below are the two more common infections to be aware of

Mastitis and Blocked Ducts: A breast infection caused by bacteria build-up in the fatty tissue of the breast that causes swelling, blockages and inflammation. The most common reason for mastitis is due to improper cleaning of the breast where bacteria enters through a crack or skin irritation. Mastitis can be incredibly painful and risk of an infection and fever are increased. Proper nipple care is essential and use of lanolin cream to enhance moisture in and around the nipple is recommended.

Thrush: A fungal infection that is usually detected by white patches inside the baby's mouth that are not easily removed. Most commonly associated with a yeast infection, thrush can cause your breasts and nipples to become itchy and may result in a burning sensation or a sharp pain while feeding. You can limit the risk of thrush by washing your nipples with warm water only, and allowing them to dry properly.

Recovery From Cesarean Section

Allow yourself as much space possible to heal and recover. Naturally, you will want to jump straight into taking on the duties of the house. Accept the help from your partner/family members/loved ones friends when they offer it. Give yourself that space to bond with your baby and heal.

During your recovery period, I invite you to connect with simple breathing, such as sama vritti breath (Balanced Breathing Exercise). This helps restore lung expansion after surgery.

Gentle abdominal exercises can begin after the recommended time for healing from you physician.. Before exercising again - always consult with your physician

Baby Blues/ Postpartum Depression

Almost 50% of women who give birth experience the baby blues.

The baby blues are a state of heightened emotions after birth. Every 1 in 10 women in the UK experience postpartum depression

The cause of both the baby blues and postpartum depression are unknown. Hormone imbalances are thought to play a key role. With the link between baby blues/postpartum depression and hormone imbalance, yoga can be a great practise to have.

Your body needs time to rest and recover, and the beauty about yoga is that it's not ALL just movement. Incorporate a breathing practise.

Breathe. Incorporate some time when you have it, even it's 5 minutes to sit and breathe. Simple rhythmic breathing helps stabilize the endocrine system and balance cortical activities in your nervous system, resulting in lowering the levels of stress hormones.

With a regular practise of breath your brains impulse to secret stress hormones are reduced. The result can be an increase in confidence and awareness.

If you are struggling with the baby blues/postpartum depression, I advise you speak with someone. Seek support from a counsellor.



Be gentle with
yourself. Enjoy the
Beauty of
Becoming

