

# POSTPARTUM WELL-BEING: FIVE PILLARS FOR NEW MOMS

## NUTRITION (POSTPARTUM FUEL)



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- Breastfeeding & Recovery Support
- Energy-Dense Whole Foods
- High-Fiber & Hydration
- Ask about Supplements



## EXERCISE (GENTLE RECOVERY MOVEMENT)



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- Gradual Postpartum Walking
- Gentle Core & Pelvic Floor
- Listen to Your Body's Limits
- Safe Core Activation



## SLEEP & REST



## SLEEP & REST (NAVIGATING THE NEWBORN CYCLE)

- Prioritize Short Naps
- Split Night Shifts with Partner
- Create a Calm, Dark Environment
- Recharge Your Body and Mind



## TIME FOR YOURSELF (IDENTIFYING MICRO-BREAKS)



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- Embrace 'Micro-Breaks'
- Enjoy a Hobbies & Passions Moment
- Practice Guided Relaxation
- Cultivate Moments of Calm



## SUPPORT (POSTPARTUM CARE SYSTEM)



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- Ask for Specific, Practical Help
- Connect with other New Moms
- Rely on Partner, Family, & Friends
- Normalize Professional Support (IBCLC, Therapy)



Meet our go-to clinician for supporting  
moms through every stage of pregnancy  
and recovery:



*Jessica Ruzicka*



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