



POSTPARTUM SURVIVAL GUIDE

by Lola&Lykke



L O L A & L Y K K E ®

We know what it's like in the first few days and months after having a baby! It's glorious. It's exhausting. It can be mind-numbing.

Even if this isn't your first baby, every postnatal experience is different so you might very well feel just as jumbled as you did with your first but have the added complexity of nurturing multiple children. We got you.

Here's the Lola&Lykke Postpartum Survival Guide to get you through!



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Take care of YOU

With so much focus on the baby, it's easy for you to forget self-care. Here are some tips to take care of you:

1. EAT the chocolate

Did you know chocolate is a health food?

Well, OK, there are health benefits to chocolate. Not only is it a **potent source of antioxidants**, but chocolate can also make your brain **release the feel-good hormones** serotonin, dopamine and endorphins.

What new mum couldn't use a little pick-me-up? Just pick dark organic chocolate when you can.

2. Breathing

There's pretty much nothing Ujjayi-inspired breathing can't make better. This breathing technique is used in yoga, but every new mum can use a little "ocean breath" in their life.

Keep your lips shut, constrict the back of your throat and breathe through your nostrils. Imagine you're trying to create fog on a window but don't open your mouth. When you exhale, make an audible Darth Vader sound.

The result of this breathing? ***It can calm down your nervous system (and the baby's), focuses your mind and warms you from the inside.***



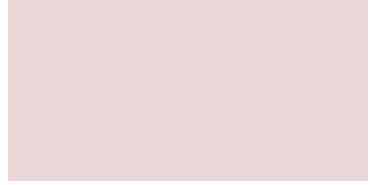
3. Essential oils

Essential oils (for padsicles and so much more!)
There are so many essential oils for you to use after having a baby. Here are just a few of the ones we can't live without:

Lavender: Calms inflammation of the skin and eases tension and anxiety



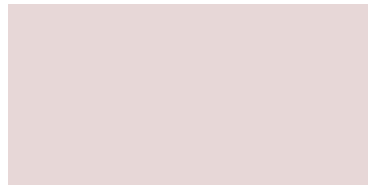
Cedarwood: Helps support a healthy scalp and hair that could suffer when estrogen levels drop post pregnancy



Rosehip seed oil: Can help with stretch marks and is a wonderful skin hydrator



Lemon or Lime: A single drop in your water helps you stay hydrated, especially important if you're breastfeeding. Drinking plenty of water is one of the best things you can do for yourself!





4. Kegels

You can pretty much start Kegel exercises right after birth and they can be done pretty much anywhere!

Why would you want to? Well, they can ***prevent pelvic floor problems including urinary incontinence.***

5. Rest

We know. You're a new mum! But, it's important for you to ***get the help you need so that you can rest*** (even if sleep evades you).

Ask for help from your partner, family and friends and SLEEP when the BABY sleeps! The laundry will always be waiting.

Even getting sleep in bits and pieces throughout the day is helpful.

Breastfeeding

How can something so natural, be sooo hard, right? While some mums and babies ease right into it, it can be challenging for many because it's something that must be learned. Don't despair

1. Side-lying breastfeeding

Did you know that *you can lay on your side and still breastfeed your baby*? You can!

What a life-saver this knowledge is especially at night (or when you're super exhausted) when you can rest even when feeding.



2. Check output

In those early days, the best way to see if your baby is getting enough milk when feeding is to keep track of the number of soiled diapers.

You'll need this information to discuss with your child's pediatrician.



3. Pain is your body telling you something

If your breasts feel hot, achy and swollen, it could mean you have *an infection called mastitis* typically caused by a blocked milk duct.

Apply a warm washcloth, gently massage the area and keep nursing.

If pain persists or you have a fever, it's time to contact your doctor.

If you have pain when the baby is nursing, it likely means *they are latched wrong*. Never hesitate to reach out to a lactation specialist to help you through these early days of breastfeeding.

4. Drowsy babies don't nurse well

Do your best to rouse your baby from sleep before nursing. In the first two weeks, it's recommended to breastfeed every 1 to 3 hours.

You can *undress your baby down to the diaper and sit skin to skin ½ hour prior to feeding, rub their tummy and back, and talk to them* to keep them awake.

If your baby drifts off to sleep before nursing 15 to 20 minutes on each breast, gently nudge him awake.

5. Go with the flow

Extra stress and anxiety can make breastfeeding even more challenging.

Those first few weeks are usually rocky, *but when you stay the course you and your baby will figure out patterns that work for you both*. And, never hesitate to reach out for help!



Baby care

From bathing to swaddles, caring for a baby is an entirely new experience. Never fear, here's what to know:

1. Full bath only a couple times a week

A newborn baby human doesn't need a full bath every day, but you can wash baby's face, head and bottom daily.

It can be tricky at first to give a baby a full bath, but you can start off by just giving a sponge bath on the changing table until you graduate to a plastic tub or big bowl.

2. Bath time

You won't want to feed the baby right before bath time, but she shouldn't be hungry either. Be sure to have all that you need right next to you and that the room is warm.

Clean her starting at the top by washing her head with mild soap made for babies and then moving down from there. Be sure to wash all the folds and creases where milk and spit up can get into.

You will only need to shampoo hair once or twice a week but be sure to shield the baby's eyes.



3. Crying

Crying babies can certainly increase the stress level because you often don't know what they are trying to tell you with their cries.

Are they hungry? Sick? Tired? In time, you will figure out what his different cries mean, but until then, try different ways of soothing from walking, rocking, driving or swaddling.

Every baby has a fussy time of the day and there are times when nothing will settle them.

4. Sleep time

When babies are overtired, they will fight sleep. I know, it sounds crazy, but it's true!

To help your baby sleep well, establish a rhythm such as **E.A.S.Y. (eat, activity, sleep and you)** outlined in *Secrets of a Baby Whisperer* by Tracy Hogg.

Swaddling makes your baby feel as secure as they did in the womb. Even if it seems like they are fighting against it, swaddling helps many babies sleep well.



Oh, Baby

As adorable as your little cherub is, babies can produce some crazy-looking things.

1. Umbilical cord

As unsightly as a black and withering umbilical cord is, *it's perfectly normal and will fall off within three weeks of birth*. Until then, just keep the area clean and dry, and dab the base with alcohol each day.

If the base seems red or swollen, continues to bleed, oozes yellow or white pus, seems painful or creates a foul smell, check in with the doctor because this might signal an infection.

2. Poo

The first poo your babe takes will be blackish green (the meconium that was in the baby's belly at birth) and then it transforms into various shades of yellow, green and brown in several different consistencies and can even look seedy or runny.

All of this is normal. During the first six weeks, babies usually poop at least three to four times a day. *If a baby is gaining 1 oz. (30 g) or more per day, all should be well.*

3. Spit up

Babies spit up. For most of them, this is totally normal and no cause for concern. ***Just be sure to always have a rag handy!***

Burping your baby every three to five minutes during feedings, placing her upright in an infant seat or stroller or holding her after feeding can all help reduce the amount of spit up. More frequent, smaller feedings and loose-fitting clothing can help reduce the frequency of spit up.

Some babies suffer from gastroesophageal reflux (GER) but as long as weight continues to go up, there's nothing to worry about.



4. Baby's breath

As a new mum, it's easy to get consumed about the well-being of your child and worry endlessly about their health and safety. Raise your hand if you're a bit obsessed about checking on your baby's breathing.

It's perfectly natural if your baby occasionally snorts or grunts in their sleep. Newborns breathe in cycles called periodic breathing. Breathes get faster and deeper and then slower and shallower. Even pauses of 5 seconds or longer are normal.

But, as with anything in motherhood, if you have any concerns about your baby's breathing, call your doctor.



The joys of ***Motherhood***

With all the sleepless nights and endless worries, there are some moments we don't want you to miss. Here are a few:

1. Relish your baby's smell

There's nothing better than the whiff of a baby when they are freshly diapered, bathed and ready to snuggle. Take a minute to just enjoy that moment. If we could bottle it up we would!



2. Get out of your house to connect with other new mums

We understand it might be challenging to get yourself put together and out of the house to mingle with other new mums, but you need to do it.

Not only is it good for you, but you might also create friendships that last a lifetime.

3. Gratitude for the alone time at night

You might be so exhausted but find the joy and be grateful for *those mesmerizing moments of solitude when it's just you and the baby* in a quiet, slumbering house.



4. You and only you

Your children won't always be tethered to you and you won't always be the solution to whatever ails them. But, in infancy, more times than not, you have that superpower. It's demanding and overwhelming at times but embrace it because as they say, *"The days are long but the years are short."*