

new mum

checklist

Postnatal care recovery

- **Good nutrition** including plenty of soluble fibre (think fruit and veg- smoothies and soups). This will help bowel movements to pass much easier.
- **Good hydration.** This will again help bowel movements, but also improve skin integrity, which in turn helps the healing process for soreness as well as wounds.
- **Taking effective pain relief.** This will keep you comfortable and reduce stress through pain. It can be in the form of medication or cooling gel pads for the perineum, heat packs or hot water bottles for backache. You may want to consider soothing sprays for your perineum or nipple cream to ease soreness.
- **Comfortable clothes** which are easy to put on and loose.
- **A well-fitting maternity bra and breast pads.**
- **Big comfortable pants and maternity pads.**
- **A nursing cushion** for yours and your baby's comfort.
- **Ensuring you make space in the day for yourself** for at least 30 minutes where you can lie down and relax or take a soothing bath to help you unwind.

Your 30 minute routine

- Build this time into your daily routine from the start.
- Ask your partner or a family member to spend a regular 30-minute time slot with baby.
- Take yourself for a lie down/warm bath/shower or short walk-whatever helps you to relax best.
- Stick to this routine, so you, your baby and family expect it each day.

Essentials checklist

- Spritz for Bits and Soak for Bits
- Paracetamol / Ibuprofen
- Hot water bottle
- Big comfortable pant
- Maternity Pads
- Breast Pads
- No Harm Nipple Balm
- Nursing cushion
- Water bottle with straw

