



## Set yourself up for an easy recovery

We encourage all our mothers to rest for at least 2 weeks postpartum. Your postpartum recovery instructions and newborn care will be provided for you at 36 weeks so please read them ahead of time, so you are well prepared by the time you deliver. Allow others to help with older children and household needs so you can focus on yourself and your newborn.

What can you do before your baby arrives to make life easier during the postpartum period? Try these helpful tips “before” baby arrives.

### **What to have on hand at home for the postpartum period:**

- Dermoplast spray
- Arnica homeopathic tablets (30c)
- Ibuprofen
- Drip Drops packets for hydration
- Depends briefs and maxi pads
- Peri bottles (KBC provides)
- Nursing friendly gowns (It's perfectly fine to remain in your PJ's the entire postpartum period!)

Liquid Chlorophyll

[https://return2.health/nature-s-sunshine-liquid-chlorophyll?gclid=EAlaIQobChMIgYbQ0-qE7gIVBa-GCh2-fwycEAQYCyABEgKYF\\_D\\_BwE](https://return2.health/nature-s-sunshine-liquid-chlorophyll?gclid=EAlaIQobChMIgYbQ0-qE7gIVBa-GCh2-fwycEAQYCyABEgKYF_D_BwE)

Wish Garden After Ease to help with afterbirth cramping

<https://www.inhishands.com/wishgarden-herbal-tinctures/>

### **Food:**

- Prepared healthy frozen meals for you and your family are always beneficial. Moms who are nursing need at least 500 more extra calories.
- Healthy snacks for you and your family to eat throughout the day
- Ingredients to make healthy protein shake
- Fruit

-Sign up for scheduled meals that family and friends can bring, share with church members or social media (They WANT to help and this is a great tool) click link below to get started

<https://takethemameal.com/>

### **Help with home and older children:**

If you do not have the option of family or friends who can help, we highly recommend budgeting for a postpartum Doula! You can find a list of doulas in our area by clicking "Build your Birth Team" through this link.

<https://www.sunshinebirthco.com/build-your-care-team>

Consider writing out a list or schedule of things for them to help you with ahead of time so it's available when baby arrives.

### **Feeding your baby:**

-Find a lactation consultant in your area, a pediatrician is not a lactation consultant and cannot offer much advice on breastfeeding. We understand breastfeeding is natural, but it can come with challenges because both you and your baby are learning. We are happy to recommend local lactation consultants or you can click on this link to find one.

<https://www.sunshinebirthco.com/build-your-care-team>

-Do research on good breast pumps and supplies to have on hand to store breast milk.

-Bobby or nursing pillow for good support while nursing

-Create a quiet nursing station within your home supplied with breast pads, water bottles, clean nursing cloths etc.

-Not planning to breastfeed. Consider donated breast milk for your baby or if you are breastfeeding and have some to spare click link below to learn more

<https://texasmilkbank.org/>

We hope this helps you, but please know your KBC midwife is always available to you for questions and help please do nothing hesitate to reach out to us.