

Self-care Recommendations

What I can do to care for myself:

Being pregnant and having a new baby is a transition. You will have to adjust in many different ways. It is important to remember to care for yourself so you can care for your baby. Below are a few prompts to help remind you:

Healthy Snacks I enjoy:

Favorite place to nap:

A friend I can call:

Helpful Tips:

Close your eyes and take a few, slow, deep breaths

Stretching

Checking in – are you hungry, thirsty, need to go to the bathroom?

Put some reminders around your house to engage in self-care – ex. picture of beautiful scenery, inspirational quotes, reminders to breathe, etc.

Meditate or pray

Take a shower or bath

Listen to music

Light a candle and enjoy the smell

Stay hydrated! Make sure to drink enough water

Try not to get hungry – snack often, especially if breastfeeding

It's okay to put the baby down in a safe place if he/she cannot be soothed for a few minutes to collect yourself

In emergencies, call your doctor or help line at 1-800-944-4773 (4PPD).