

TOP 10 THINGS TO DO FOR YOU

Having a new baby is a beautiful gift from God that comes with many changes--in your body, in your mind, in your time, and in your relationships. Here are some practical things you can do to help you through this time of transition. In most cases, when you take care of yourself, you ARE also taking care of your baby. Plus, the more you take care of yourself, the more you will be available to care and bond with your baby to help him/her grow--brain, body and overall mental, physical, and emotional health.



10

EAT HEALTHY

Eat plenty of fruits, vegetables, lean proteins, whole grains, etc. Try to "eat a rainbow" as often as you can giving your body a variety of nourishing healthy foods to help with digestion, energy levels, and brain focus.

9

DRINK PLENTY OF WATER

Drinking plenty of water can keep your fluids at a healthy level for your baby to move around. In addition, water helps with breastfeeding and is good for overall brain and body health.

8

EXERCISE

Go for a walk or do at least some light physical activity every day if you can. Exercise is so good for both your mind and body.

7

REST

Take time to rest will refresh your mind and body and give you more energy to meet all the demands of being a new mom. Turn off your mind, your electronics, and take time to be mindful and prayerful.

6

FIND YOUR TRIBE

Who can you turn to for support and encouragement? Who will love you unconditionally and be there when times are tough? Who can pray for you when you need help? Parents, pastors, mentors, and close friends are a great place to start as you build your tribe.

5

GET DAD INVOLVED

Invite the father to be involved and be a part of your tribe. A mom and dad working as a team creates a healthy family atmosphere. Sometimes dads don't know how important they are. Help him to feel more involved and more connected to the baby by inviting him to any prenatal classes or support groups for parents.

4

CONNECT WITH OTHER MOMS

Being a mom can be isolating. Connect with other moms so you can be encouraged by other moms who can empathize what you're going through. Look for local moms' groups or even Facebook groups to stay connected and find support.

3

REDUCE STRESS

Don't try to "do it all." Set small goals each day with one or two action steps. Rely on your tribe to encourage you on your goals and help you prioritize and have realistic expectations of yourself.

2

GET MENTAL HEALTH SUPPORT

Your mental health is critical not only to your health but also to the health of your baby. Postpartum depression is REAL, so "Speak up when you're feeling down." or better yet, start seeing a counselor now before you feel down.

1

PRAY

Spiritual support during this tough time can help you face challenges with love and grace and become more strong and resilient. Pray for God to bring you strength and wisdom and fill your heart with love for your baby.