

# Postpartum Recovery

## The First 15 Days

*The 5-5-5 rule fosters optimal rest and physical recovery after the birth of your baby, promotes bonding and creates space for family a new family to settle into life together!*

### For Optimal Physical Healing...

Plan your postpartum! Plan to have extra support for day-to-day tasks so you can focus on your baby and recovery!

Set clear boundaries with family and other visitors! Your recovery and bonding with your baby are a top priority.

Set realistic expectations of yourself and of your newborn You are both learning!

Make a list of resources and professionals who can support you should you need extra support or are unsure of anything along the way!

Consider hiring a postpartum doula to help you and your family feel well and looked after!

Be honest about how you are doing emotionally and reach out for support if you begin to struggle.

Know that you are not alone! It's ok to ask for help!

### Your Postpartum Mood Matters!

If you or your partner are experiencing:

- Mood swings,
- Irritability,
- Sadness,
- Trouble making decisions
- Changes in your appetite
- "Weepiness"
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep



Contact a trusted care provider for postpartum mental wellness support.

[theherbalcompass.com](https://theherbalcompass.com)



### 5 Days In the Bed

- Stay home if possible
- Sleep as much as possible
- Focus on skin-to-skin
- Learn your baby's feeding cues
- Get the hang of breastfeeding
- Partner, family, other support people can bring meals, water, encouragement
- Consider a postpartum doula!



### 5 Days On the Bed

- More being upright in bed
- More Skin-to-skin
- On-demand breastfeeding
- Read books, color and do puzzles with older children (if you have them)
- Infant care such as diaper changes can be done by you or by a support person



### 5 Days Near the Bed

- Rest should still be a focus
- More skin-to-skin
- On-demand breastfeeding
- Standing and moving around the bed
- Bathe your baby
- Fold laundry if you feel up to it
- Light activities
- Limit standing to 30 minutes



***The 5-5-5 rule is ideal for bonding and recovery but may not be realistic for all families!***