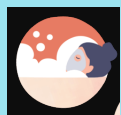


POSTNATAL CARE

THINGS TO DO FOR POSTNATAL CARE



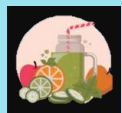
Stay Hydrated



Get more rest and sleep



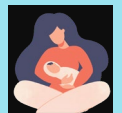
Keep your environment clean, calm and positive



Eat Enough, include fresh fruit juices in your diet



Have a Balanced diet



Breastfeed your baby as it burns 400-600 calories per day



While you still have to pass on any exercise, Go for a walk

BABY BLUES

Baby blues are the intense mood swings that happened during the first few days to few weeks after birth.

Symptoms

Moody
Anxiety
Feeling Sad
Fatigue
Insomnia
Easily get angry
Crying without reason

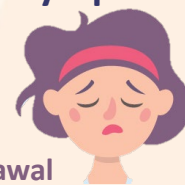


Postpartum Depression

Postpartum depression is intense, long-lasting feelings of sadness, anxiety or hopelessness

Symptoms

Severe mood swings
Social withdrawal
Loss of appetite
Suicidal thoughts
Feeling detached from the baby



What You Can Do?

Baby blues usually go away by themselves in a week or two. But if your sad feeling last longer than 2 weeks, then you need to talk to health care providers to get help.

POSTPARTUM HEALING FOODS



Vitamin C rich Foods



Omega-3 fatty acid



Iron Rich Proteins



Healthy Fats



Probiotic loaded food

FOODS TO AVOID



Refined Sugar



Processed Food



Refined Carbohydrates



Alcohol

SELF CARE

- Remember the 4th trimester – recover, rest, rehab
- No strenuous exercise
- Focus more on rest, sleep + bonding with baby
- Collagen boosting foods for healing + repair

PERINEAL AND ABDOMINAL WOUND CARE

- For **Perineal Wound** care clean the wound every time after urination
- Frequent change of napkin and personal hygiene can speed up the recovery
- For **Abdominal Wound** care Keep the wound intact and dry as doctor's order. If there is no sign of gaping or infection after the stitches are removed, then you can take shower.
- If the wound is red, swollen, aches, or has fluid oozing out, then see your doctor

1-6 WEEKS SAFE MOVEMENTS

- Gentle walking around home
- Ankle and wrist mobility – improve circulation, avoid thrombosis(blood clots)
- Gentle pelvic floor exercise-To prevent incontinence and improve muscle tone
- Those who have **C-Section**: Ankle and wrist mobility + walking around home

BENEFITS OF POSTNATAL EXERCISE

1. Aids in weight loss
2. Enhances your mood and stamina levels
3. Helps get rid of aches and pains
4. Reduces the postnatal depression
5. Tones your body and make it flexible
6. Replenishes your tired body with energy

For HELP!
Contact the
[Maternal and Child Health Centers](#)

