



15 HELPFUL FACTS ABOUT POSTNATAL CARE

Navigating the Postpartum Journey with Confidence



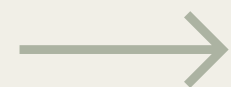


FACT #1

Physical Recovery Takes Time

Your body has undergone significant changes.
Be patient with yourself.

(Source: Mayo Clinic - Postpartum Body Changes)



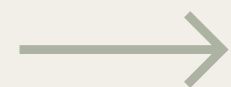


FACT #2

Hormonal Shifts are Normal

Mood swings, anxiety, and even postpartum depression are common.

(Source: National Institute of Mental Health - Postpartum Depression)



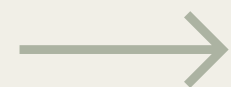


FACT #3

Pelvic Floor Exercises are Essential

Kegels help strengthen muscles weakened during pregnancy and delivery.

(Source: American College of Obstetricians and Gynecologists (ACOG) - Pelvic Floor Exercises)





FACT #4

Nutrition is Key

Focus on nutrient-rich foods
to support healing and breastfeeding.

(Source: Healthline - Postpartum Diet Plan: Tips for Healthy Eating After Giving Birth)



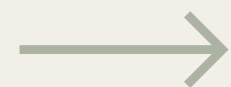


FACT #5

Hydration is Vital

Drink plenty of water
to combat dehydration and support milk production.

(Source: Healthline - Hydration During Breastfeeding)





FACT #6

Rest and Sleep are Crucial

Prioritize rest whenever possible.

(Source: Sleep Foundation - Postpartum Sleep)



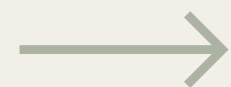


FACT #7

Seek Support

Don't hesitate to reach out
to family, friends, or a support group.

(Source: Postpartum Support International - Online Support Groups)



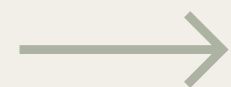


FACT #8

Massage and Relaxation Techniques Can Help

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(Source: WebMD - Benefits of Postpartum Massage)





FACT #9

Listen to Your Body

Rest when you need it,
and don't push yourself too hard.

(Source: Nyssa - Listening to your Body: 4 Tips for Postpartum with Diana Zic)





FACT #10

Breastfeeding Can Be Challenging

It may take time to establish breastfeeding.
Seek support from lactation consultants.

(Source: Nyssa - Listening to your Body: 4 Tips for Postpartum with Diana Zic)



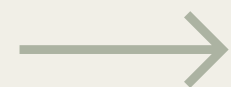


FACT #11

Bonding with Your Baby is Important

Enjoy skin-to-skin contact
and spend quality time with your newborn.

(Source: Sanford Health News - The importance of skin-to-skin with baby after delivery.)



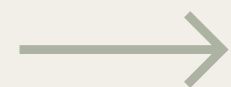


FACT #12

Postpartum Depression is Treatable

If you are experiencing symptoms,
seek professional help.

(Source: National Institute of Mental Health - Postpartum Depression)



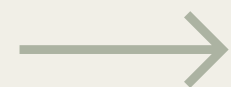


FACT #13

Your Partner Needs Support Too

Encourage your partner to take care of themselves and involve them in caring for the baby.

(Source: PostpartumMen- Helping Men Beat The Baby Blues And Overcome Depression)





FACT #14

Self-Care is Essential

Make time for activities that bring you joy and relaxation.

(Source: Government of Canada - Your guide to postpartum health and caring for your baby)



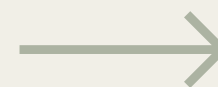


FACT #15

Be Patient with Yourself

Postpartum recovery is a journey.
Celebrate your progress
and don't be afraid to ask for help

(Source: Geisinger - Postpartum care for mom: Tips for healing and comfort.)



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THANKS FOR READING!



Please Note:

This information is for general knowledge and does not constitute medical advice.
Always consult with your healthcare provider.