

MY POSTPARTUM GUIDE



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What I Can Expect



Hey mama, while we expect to feel all sorts of happy feelings as we journey into postpartum, there are some normal and sometimes not-so-pleasant feelings and experiences that are equally as important to prepare for. Here are just a few:

Physical:

- Soreness: vaginal soreness, incision pain (if C-section), full body aches, breast/nipple pain
 - **What I can do:** ice packs on the painful areas
- Bleeding
 - **What I can do:** absorbent pads, mesh underwear or comfortable granny-panties
- Chapped nipples if breastfeeding
 - **What I can do:** nipple cream, breast gel pads
- Weakened core & pelvic floor muscles (some urine leaks here & there and feeling like your abs are looser)
 - **What I can do:** postpartum exercises
 - Shannon Shearn
 - Erica Ziel
- Exhaustion
 - **What I can do:** rest whenever there is a chance, delegate responsibilities to partner/support person

Emotional: *{ALL of these feelings are normal & just as common as feelings of happiness, joy, & fulfillment.}*

- Feelings of sadness, isolation, fear, inadequacy, or self-doubt
- Worry and intrusive thoughts
- Missing your old life, feeling lost in your new role
- Traumatic or challenging birth
- Difficulty bonding with baby
- Dynamic shift with your partner
 - **What can help:**
 - Talking with partner/support person
 - Dedicating time for self care (even if it's just a few minutes)
 - Journaling, art making, meditation, & movement
 - Giving yourself space & grace to feel what you need to feel

More of What I Can Expect



Logistical:

- Little time for meal planning
 - **Try this:** meal delivery service, designated support person for grocery shopping
- Sleep schedule revolving around feedings
- Less focus on self-care and hygiene
 - **Tip:** schedule short bursts of non-negotiable "me" time
- Childcare requirements for other kids
- No time for cleaning house/chores
 - **Try this:** designate a support person to help clean or let go of expectations
- Less time for partner and friends
 - **What I can do:** redefine date night, virtual friend check-ins, make your friends useful - i.e.: need a coffee from your favorite cafe?

Lactation: Yes, this gets its own category!

- Taking longer than expected for milk to come in
- Producing too much or too little breastmilk
 - **What can help:** lactation support through Mahmee, lactation cookies (try the delicious Totum ones), teas (Mother's Milk Tea to help milk production)
- Leaky breasts
 - **Try this:** breast pads to keep your nursing bra & top dry
- Engorged breasts
 - **What I can do:** consult with a lactation expert through Mahmee or your doctor

Bloome's new mom hack: postpartum planning with your Baby Shower & Registry!

- Bloome Postpartum Planning Session, Bloome Package, or Gift Card
- Meal Planning or Meal Delivery Service
- Housekeeping Service
- Postpartum Subscription Boxes
- In-home Postpartum Massage or Postpartum Accupuncture
- Lactation Teas or Cookies (Mother's Support Lactation Cookie by Totum)

My Postpartum Care Plan



Prioritizing Sleep: *{It will be hard at first but you will get the hang of sleeping less - temporarily!}*

- What's the minimum amount of sleep I need to function? _____
- Which late night/early morning feeding can my partner takeover? _____
- Where will baby sleep? _____
- Where will baby nap? _____

My Support:

- My designated support person *{hint: this person is someone I can vent to, someone who won't judge, and will listen to my difficult feelings}*:
 - Friend: _____
 - Family: _____
 - Support Specialist: _____
- Community Support:
 - Virtual Postpartum Support Group:
 - Bloome (@momsinbloome)
 - _____
 - Online Forums & Resources:
 - CafeMom.com (@cafemomofficial)
 - Motherly (@mother.ly)
 - Totum Women (@totumwomen)
 - _____
 - Other:
 - Mahmee (@getmahmee)
 - Postpartum Support International (@postpartumsupportinternational)

Affirmations & Mindfulness:

- I am enough.
- I am strong and capable.
- Just breathe.
- 5-Senses Mindfulness Trick:
 - 5: Notice five you can see.
 - 4: Notice four things you can touch.
 - 3: Notice three things you can hear.
 - 2: Notice two things you can smell.
 - 1: Notice one thing you can taste.

My Postpartum Checklist



Hi mama, we have carefully curated a list of go-to favorites and postpartum essentials that we think you'll love!

	All the things:	Bloome recommends:
	Maxi pads*	<u>Always Maxi</u> <u>Seventh Generation Free & Clear</u>
	Mesh underwear*	<u>Brief Transitions Mesh Postpartum Underwear</u> <u>Frida Mom Postpartum Underwear</u>
	Nursing pads	<u>Bamboobies Washable Nursing Pads</u> <u>Kindred Bravely Organic Nursing Pads</u>
	Cooling/gel pads	<u>Lansinoh Therapearl Breast Therapy Packs</u> <u>TendHer Breastfeeding Gel Pads</u>
	Peri or squirt bottle*	<u>Fridababy Momwasher Postpartum Peri Bottle</u> <u>Medline Cleansing Bottle</u>
	Perineal spray	<u>Earth Mama Herbal Perineal Spray</u> <u>Dermoplast Pain & Itch Spray</u>
	Nipple cream	<u>Earth Mama Nipple Butter</u> <u>Bamboobies Nipple Cream</u>
	Heating pad	<u>TendHer Reusable Ice & Heat Packs</u> <u>Moist Heat Heating Pad</u>
	Stool softener & pain reliever	<u>Motrin</u> (safe for breastfeeding) <u>Ibuprofen</u> (safe for breastfeeding)
	Nursing tops	<u>Daisy Maternity Essential Nursing Cami</u> <u>HOTOUCH Nursing Top</u>
	Nursing bra	<u>Bravado Designs Buttercup Nursing Bra</u> <u>H&M 2-Pack Nursing Bras</u>
	Loose/comfortable loungewear	<u>H&M Mama Fine-Knit Nursing Sweater</u> <u>Hanes Women's EcoSmart Sweatpant</u>
	Cotton underwear	<u>Fruit of the Loom Tag Free Cotton Brief</u> <u>Amazon Essentials Cotton Stretch Bikini</u>
	Postpartum belly wrap	<u>Belly Bandit Post-Pregnancy Belly Wrap</u> <u>UpSpring Baby Shrinkx Postpartum Wrap</u>

**These items may be available at the hospital, so ask your nurse!*

Resources



Helplines

911 or your local Police Department
National Suicide Prevention: 1-800-273-TALK (8255)
Postpartum Support International: 1-800-944-4773

Linked Websites

Bloome: www.letsbloome.com
CafeMom: www.cafemom.com
Motherly: <https://www.mother.ly>
Totum Women: www.totumwomen.com
Mahmee: www.mahmee.com
Postpartum Support International: www.postpartum.net
Shannon Shearn: www.besavagewell.com
Erica Ziel: www.ericazeal.com

The Juicy Stuff

Books:
This Isn't What I Expected by Karen R. Kleiman
The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality by Kimberly Ann Johnson

Podcasts:
"The Birth Hour"
"Mommies Tell All"
"The Millennial Mommy"

"It is not what you expected. It is so much less and so much more. It is challenging. It is transforming. It is motherhood." — Dr. Jane Shomof, Founder of Bloome

**Disclaimer: This guide does not encompass all of the mental and physical postpartum experiences. We are not medical professionals. This guide is intended to be used in adjunct to medical and mental health services. If you have questions or concerns regarding your physical beauty, please reach out to your doctor.*