

# empowered postpartum

A holistic guide to early motherhood,  
healing, and restoration

# Early postpartum life

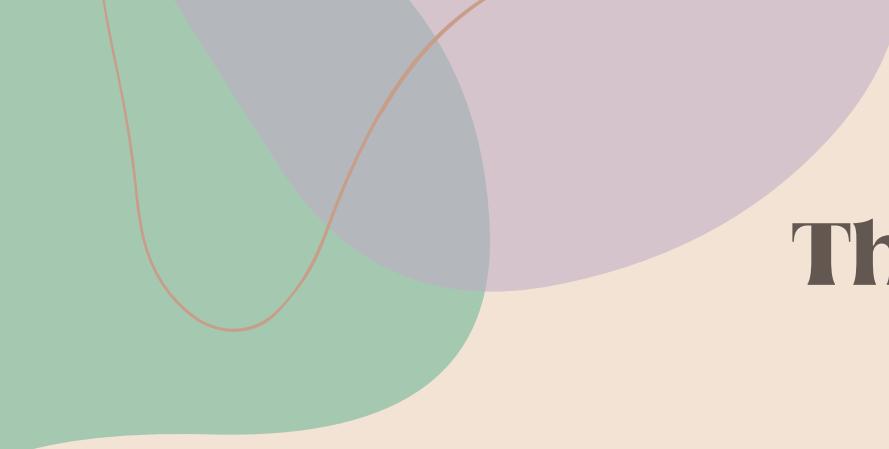


Your postpartum period is sacred. It is slow, inward, and transformative, not a race to “get back” to what was. Healing is holistic — physical, emotional, energetic, and relational.

This guide blends practical support, traditional wisdom, and modern postnatal care. It applies to all birthing parents, whether you birthed vaginally or via cesarean. Your body is doing miraculous work, your mind is adjusting, and your baby is learning your rhythm.

SLOW AND WARM IS YOUR MEDICINE.  
APPLY TELL'S TO ANYTHING, IT WILL SERVE





# The first days

The earliest postpartum days are for resting, bonding, and protecting your energy. Your body is recovering, hormones are shifting, and your baby is learning your rhythm.

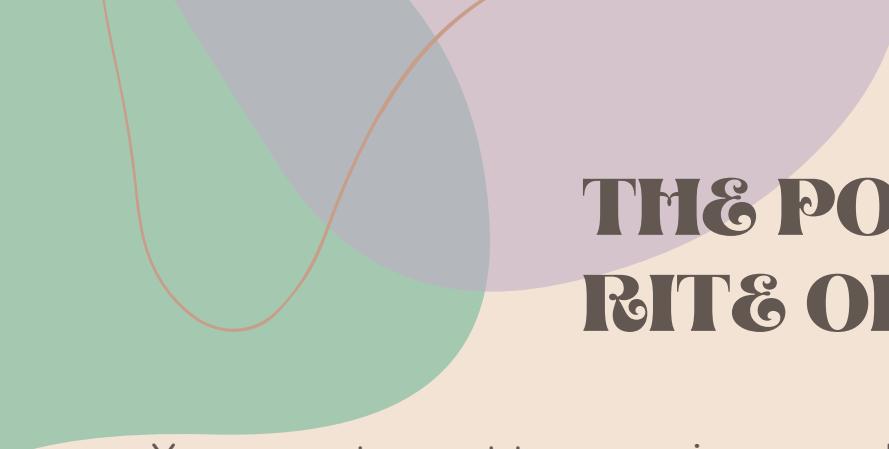
**Stay close to bed**

**Keep legs mostly horizontal**

**Move slowly and only as needed**

**Accept help without explanation**

**Limit visitors and external demands**



# THE POSTPARTUM RITE OF PASSAGE

You are not meant to recognise yourself right now.

Postpartum is a threshold — the space between who you were and who you are becoming.

Confusion, tenderness, grief for your old life, and a quiet sense of loss can coexist with deep love.

Nothing has gone wrong.

In many traditions, new mothers were not expected to be “themselves” for months. They were held, fed, warmed, and protected while their new identity slowly took shape.

You do not need to find yourself.

You are being re-formed.

Gentle reminders:

- You are allowed to change
- You do not need clarity yet
- You will not feel like this forever
- Becoming takes time



# Belly Binding/Wrapping



Belly binding gently supports your abdomen, womb, and kidneys. It is not about shaping your body but creating warmth, stability, and a sense of being held.

Wrap lightly and comfortably; never tight

I highly recommend a belly wrap that is easy to put on & off there are many around that have a simple velcro hold.

Use after feeding or sitz bath if feels calming and helpful.

Supports posture, core, and circulation.

Keeps the kidneys warm there need care so there can help you heal.

Combine with slow, breathing  
Encourage mindful relaxation while wrapped.

# Yoni Recovery & Sitz Baths

The pelvic area has done profound work. Sitz baths soothe soreness, improve circulation, and reduce swelling. Herbs can enhance relaxation and healing.

Soft list instructions:

Use warm water, not hot

Add chamomile, calendula, lavender, or witch hazel

Soak 10–15 minutes

Pat dry gently afterward

Optional: yoni steaming after bleeding stops, very gentle



# Healing Care Yoni Birth

## Bathroom Care

- Lean slightly forward when you pee to help fully empty your bladder and reduce stinging.
- Use a peri bottle with warm water to rinse the vagina while peeing if it burns.
- Gently pat dry with clean toilet paper or a soft paper towel — don't wipe.
- Keep the area as dry as possible between bathroom trips.

## Perineum Support

- Use a perineum press (clean hand or folded toilet paper) against the perineum when pooping or coughing for support.
- Go slowly — do not strain. Breathe out gently as you go.
- If stools feel hard, prioritize fluids and fiber; stool softeners can help if recommended.

## Keeping Things Clean

- Rinse with warm water after using the bathroom — no soap needed directly on stitches or vaginal tissue.
- Avoid scented products, wipes, or harsh soaps.
- Change pads frequently to keep the area clean and dry.

## Comfort & Healing

- Air-dry when you can (a few minutes on the bed or couch helps).
- Use cold packs or padsicles if swelling is present (short periods only).
- Sit on soft surfaces or a pillow; change positions often.

## Listening to Your Body

- Rest as much as possible — healing is happening even when you're still.
- Mild soreness, swelling, and tenderness are normal early on.
- Increasing pain, foul smell, fever, or heavy bleeding are signs to reach out for support.

# Healing Care Belly Birth

Your body has done something extraordinary. Recovery takes time, care, and patience.

How to support yourself every step of the way.

## In the First Few Hours

- Rest and bond. Keep your baby close for skin-to-skin — it helps with bonding, temperature regulation, and milk flow.
- Breathe deeply and gently. Start simple belly breathing as soon as it feels comfortable.
- Stay warm. Use blankets and socks — you may feel cold or shaky after birth.
- Drink warm teas as soon as you can
- Let emotions flow. Tears, laughter, stillness — all normal responses to birth and medication.

## Pain & Comfort

- Take your pain relief regularly. Staying ahead of the pain helps your body relax and heal faster.
- Lots of pain relief can be offered, if you can stagger paracetamol and codeine this can be a great option so the pain doesn't catch up with you too much.
- Support your incision. Use a small pillow or towel to brace your belly when coughing, laughing, or getting up, or travelling home.
- Wear loose clothing and high-waisted underwear to avoid irritation.
- Pads or maternity pants for bleeding.

## Movement & Circulation

- Start moving gently once cleared by your care team — even short walks around your bed, help circulation and reduce swelling.
- Change positions slowly. Roll to your side before sitting up; use a rope or sheet to assist from bed.
- Avoid lifting or twisting. Only lift your baby when you're supported. Ask for help often to lift baby to you don't feel like your troubling anyone. It's important to feel in control of being able to hold your baby.

## Incision & Bleeding

- Keep the incision clean and dry. Pat gently after washing — don't rub.
- Expect some bleeding. You'll have postpartum bleeding (lochia) for several weeks. Use pads, not tampons.
- Support healing with gentle scar care. Products like Scarban C-Section Recovery Kit may help comfort and healing — i always hear great things.
- Belly wrapping you can just bind with a scarf or buy one of these belly wraps
- Check your own scar guide

## Digestion & Gas Pain

- Walk regularly to ease trapped gas and boost bowel movement.
- Drink plenty of water and eat fibre-rich foods.
- Use belly breathing to massage your internal organs naturally and support digestion.

## Nourishment

- Eat balanced, frequent meals. Your body needs nutrients to heal and make milk.
- Stay hydrated. Keep a water bottle nearby at all times & lots of herbal teas.
- Warm easily digestible food.

# Belly Breathing for Recovery

Belly breathing (also called diaphragmatic breathing) is one of the most powerful yet gentle tools for recovery after a C-Section.

## Why It Matters

- Helps reconnect with your core muscles
  - Improves circulation and lymph flow
- Activates your “rest and digest” system for calm and healing
  - Reduces stress, swelling, and muscle tension

## How to Practise

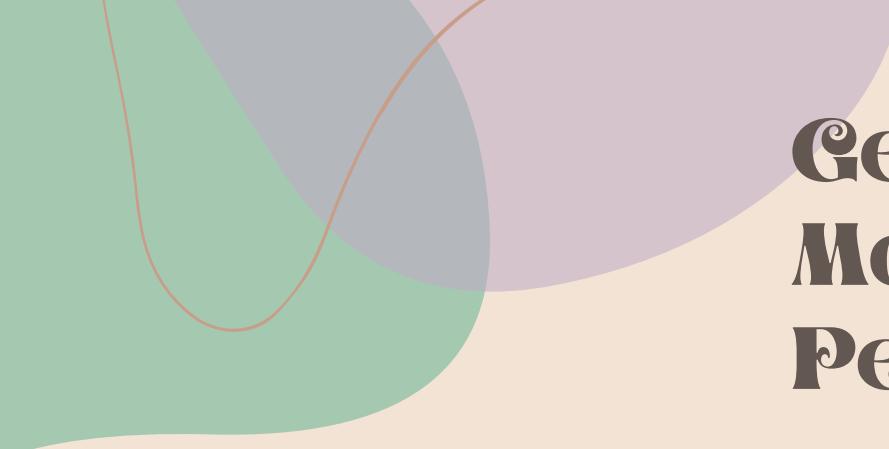
1. Get comfortable. Lie on your back with knees bent or recline with pillows.
2. Place your hands on your belly. Feel your breath move beneath them.
3. Inhale slowly through your nose. Let your belly rise gently.
4. Exhale through pursed lips. Feel your belly fall and your core softly engage.

Start with 3–5 minutes daily, increasing as you feel stronger. Place a pillow over your incision for added comfort and confidence.

ALL HEALING



WARM WARM WARM



# Gentle Movement & Pelvic Floor

Movement restores circulation, reconnects muscles, and supports healing. The pelvic floor works best when combined with breath and slow motion.

Diaphragmatic Breathing – inhale, belly rises; exhale, belly softens; repeat for several minutes

Pelvic Floor Rocking & Breathing – lie on back or side, gently tilt/rock pelvis; inhale as you lengthen, exhale as you tuck/soften; coordinates breath and pelvic floor

Circle Breath – visualize breath moving in a circle through the body: inhale lifts energy from pelvis through chest to crown, exhale releases down through torso and legs back to pelvis

Gentle Movement Options: short walks, soft stretching, pelvic tilts, knee rolls, bridging if comfortable

Reminder: Avoid high-impact or heavy lifting until cleared



# FUEL | & NUTRITION

Food is medicine. Eat warm, nourishing, easily digestible meals to support blood restoration, hormone balance, and milk production. Digestion may be slow — honor it.

Warm soups, broths, stews, porridge, congee

Soft root vegetables and cooked greens

Protein: slow-cooked meats, eggs, legumes

Healthy fats: ghee, butter, coconut oil, olive oil, avocado

Warming spices: ginger, cinnamon, cardamom, fennel, cumin, turmeric

## Recipes



# POSTPARTUM TEAS

Herbal teas are gentle medicine. Sip slowly and warm to support milk production, digestion, energy, and emotional balance.

Soft list / ingredients:

Fennel – milk support, digestion

Nettle – minerals, energy

Rose hip – vitamin C, tissue healing

Red raspberry leaf – uterine recovery

Oat straw – calming, nervous system support

Ginger & cinnamon – warmth, circulation

Chamomile – calm, sleep support

Rose – emotional and hormonal support

**Suggested blends:**

Milk support & digestion: fennel + chamomile + oats

Warmth & circulation: ginger + cinnamon + rose

Nourish & rebuild: nettle + oat straw + rose hip



EAT, DRINK & STAY WARM



Tea, Broths, & Easily Digestible Foods

# Homeopathic & Natural Remedies

Arnica – bruising, soreness, cramping

Bellis Perennis – abdominal/pelvic trauma

Sepia – hormonal balance, irritability

Phytolacca – breastfeeding issues

Natrum Muriaticum – sadness, emotional adjustment

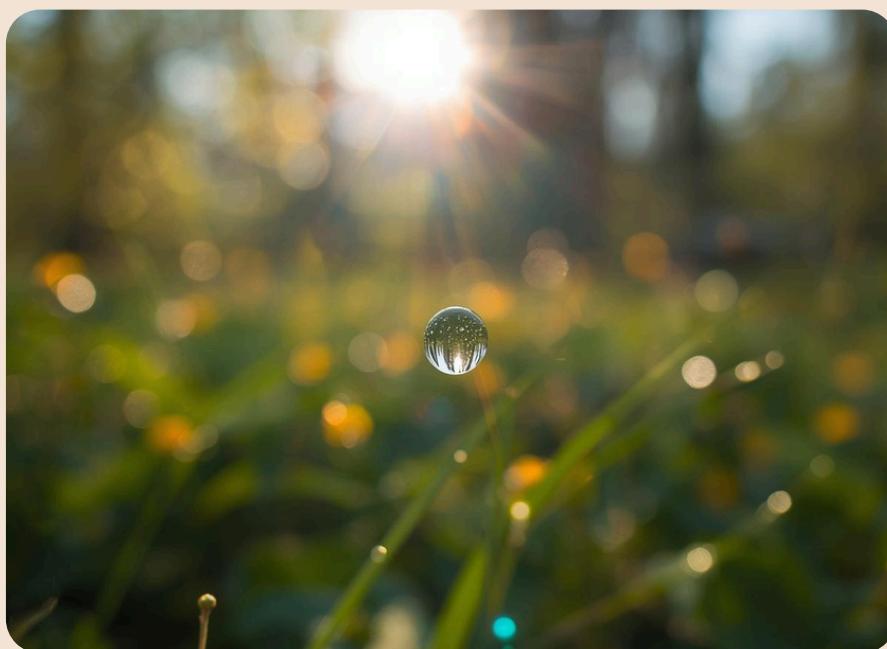
Pulsatilla – tearfulness, need for reassurance

Phosphorus – anxiety, fear

Calms Forte – sleep support

Calcarea Carbonica – fatigue, sluggishness

Cimicifuga – emotional/hormonal regulation

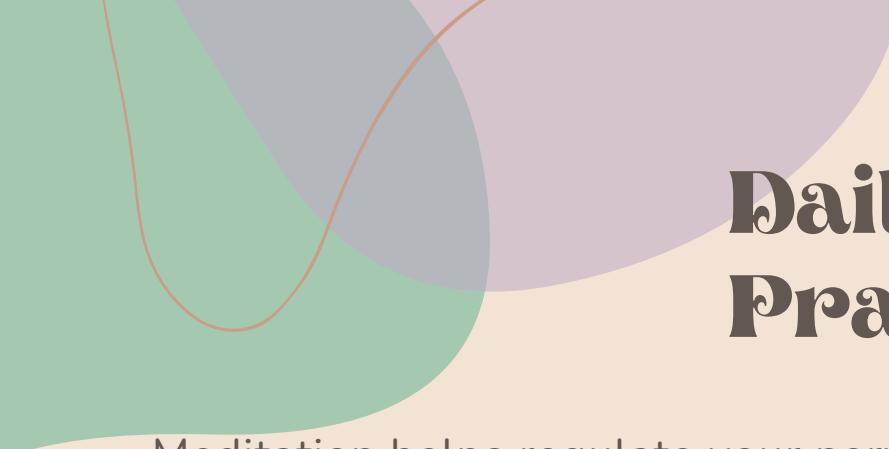




# Daily Postpartum Check-In

Checking in daily ensures you are slow, warm, and supported. These reminders are not rules — they are gentle guidance.

1. **Have I eaten warm, nourishing food**
2. **Have I had enough fluids**
3. **Have I rested consciously**
4. **Have I moved gently**
5. **Have I connected with someone supportive**
6. **Have I practiced breathing or meditation**



# Daily Meditation Practices

Meditation helps regulate your nervous system, support emotional balance, and deepen connection with your baby. Even a few minutes daily can be transformative.

Morning Breath Reset – sit or lie comfortably, hands on belly and chest, slow inhales and exhales, 3–5 minutes

Body Scan – lie warmly wrapped, notice sensations from toes to head, release tension, 5–10 minutes

Mantra – silently repeat: “Slow and Warm”, “I am held”, “My body knows how to heal”, 3–5 minutes

Mindful Connection with Baby – breathe together, notice warmth, heartbeat, and movement

Evening Reflection / Gratitude Pause – note three moments of comfort or connection, repeat: “I am enough”

# EMOTIONAL CARE AS DAILY HYGIENE



Just as the body releases blood after birth, the heart and nervous system release emotion.

Tears without a clear reason  
Irritation  
Sudden sadness  
Anger  
Longing  
Emptiness

These are physiological, not failures.

Support emotional flow by:

- Crying while wrapped in warmth
- Speaking feelings out loud without fixing them
- Writing without rereading
- Placing a hand on your heart and belly when emotions rise
- Letting someone witness you without advice

Avoid pressure to:

- “Be grateful”
- “Enjoy every moment”
- Explain your feelings

Your only job is to let feelings move.

# PROTECTING YOUR ENERGY

After birth, your body and energy are open.  
Protection is as important as nourishment.

This may look like:

- Soft lighting
- Quiet mornings
- Minimal conversation
- No decision-making
- Saying “not today” without explanation
- Staying physically warm at all times

Energy leaks happen through:

- Over-visiting
- Over-talking
- Over-thinking
- Over-performing

Containment heals.

**Silence is medicine**

# Emotional Support & Affirmations

Postpartum emotions can be intense. Your feelings are valid.  
Affirmations help anchor you.

**I am allowed to rest**

**I am doing enough**

**Healing takes time**

**Slow is safe**

**Support is part of motherhood**

**This season will unfold in it's rhythm**



Now we protect

# Visitor Guidance

Relationships shift after birth. Partners may some need clarity about helping; mothers need protection and support.

Communicate your needs to each other

## **Soft list for partners:**

Protect mother's rest and space

Handle meals, laundry, errands

Offer emotional support

Encourage skin-to-skin and bonding

Ask how they can help

## **Soft list for visitors:**

Bring food, tea, snacks

Offer help holding baby

Offer household support

Limit prolonged visits

Respect quiet and warmth

# PARTNER & SUPPORT AS GUARDIANS

Postpartum support is not about helping — it is about guarding.

Guarding the mother's:

- Rest
- Warmth
- Emotional space
- Confidence
- Bond with baby

True support looks like:

- Anticipating needs rather than asking
- Taking responsibility for logistics
- Filtering visitors and messages
- Normalising rest
- Reassuring her she is doing enough

A supported mother heals faster — emotionally and physically.

# BABY WEARING

Baby wearing supports calm, connection, and hands-free rest. Proper positioning is essential, can be a very healing way of staying connecting whilst also feeling light and open.

Supportive carrier, properly adjusted  
Baby's head supported, legs in M-position  
Keep yourself warm and move slowly  
Avoid sudden movements





# Supporting Your Mind & Emotions

Your hormones drop rapidly after birth — this can bring emotional highs and lows.

## Take Care of Your Emotional Wellbeing

- Rest whenever possible. Healing happens when you're calm and rested.
- Acknowledge your feelings. Joy, sadness, pride, fear — all valid.
- Debrief your birth. Talk about your experience with someone you trust.
- Use gentle affirmations:

“My body is healing. I am strong. I am safe. I am doing beautifully.”

- Seek help if needed. If sadness or anxiety seems to linger reach out to your GP, midwife, or seek a therapist. You deserve support.

# WHEN POSTPARTUM FEELS HARD

Reach out for extra support if you notice:

- Persistent numbness
- Fear that doesn't ease with rest
- Intrusive thoughts
- Feeling disconnected from yourself or baby
- A sense of hopelessness

Support is not failure.

It is continuation of care.

# COMFORT, BEAUTY & PLEASURE ✨

Pleasure does not mean productivity or sexuality.

It can be:

- Warm oil on the feet
- Clean sheets
- A favourite mug
- Soft music
- Brushed hair
- Fresh pyjamas
- Being touched without expectation

These moments remind the nervous system:

“I am safe. I am cared for. I am still me.”

# CLOSING THE POSTPARTUM

In many cultures, postpartum does not simply fade — it is closed.

You may choose to mark this with:

- A warm bath or massage
- Writing a letter to your postpartum self
- A meal that feels celebratory
- Planting something
- A quiet moment of gratitude for your body



There is no rush.

Some women feel postpartum for weeks.

Some for months.

Some for a year or more.

All are normal.

# RECOMMENDATIONS



MASSAGE, OSTEOPATHY, REFLEXOLOGY, WOMEN'S PHYSIO

# Made with love

Postpartum healing is not linear. Some days are tender, some strong. Protect warmth. Honor slowness. Accept support.