

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.

“Always consult your midwife, GP or healthcare provider before beginning new remedies.”

SLOW & WARM



APPLY THIS TO EVERYTHING

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, food, teas, let yourself
be taken care of**

Limit visitors

**Let yours and you babies new world
grow slowly**

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.

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 mantras;

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

HEALING

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.

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



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.

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 so you don't feel like you're 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

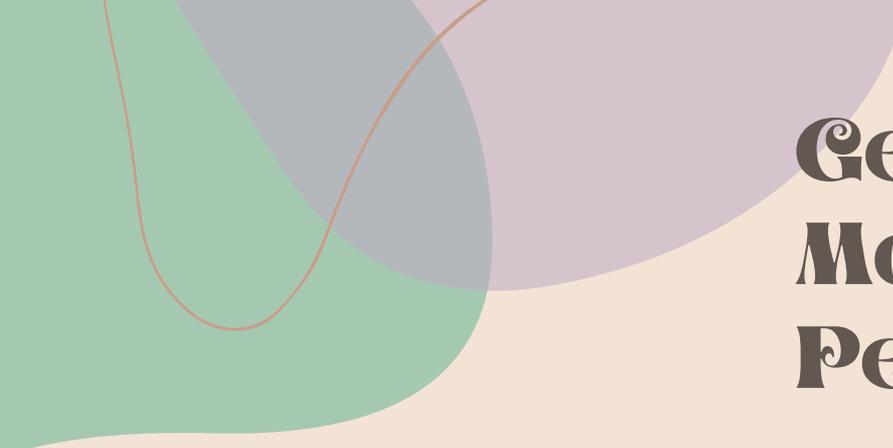
1. Get comfortable. Lie on your back with knees bent or recline with pillows.
2. Place your hands on your belly. Feel your breath move beneath them.
3. Inhale slowly through your nose. Let your belly rise gently.
4. Exhale through pursed lips. Feel your belly fall and your core softly engage.

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

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

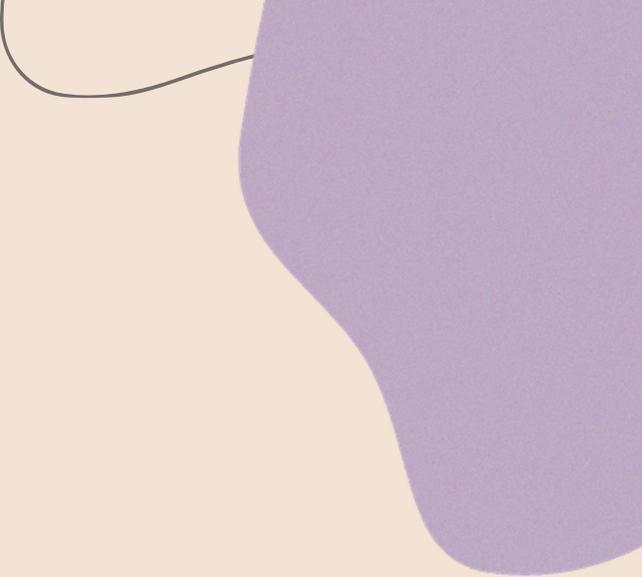
Phosphorus – anxiety, fear

Calms Forte – sleep support

Calcarea Carbonica – fatigue, sluggishness

Cimicifuga – emotional/hormonal regulation





NUTRITION

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

Fibre - Loads of veggies in your broth and stews

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

Snack often - maybe more than you think.



POSTPARTUM TEAS

Herbs are gentle medicine. Steep in water for hours or make a tea blend, sip slowly and warm to support milk production, digestion, energy, and emotional balance.

Fennel – milk support, digestion

Fenugreek - Milk Support

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

Tulsi - Hormonal Balance

Lemon Balm - Calm

Suggested blends:

Milk support & digestion: Oatsraw, fenugreek, fennel, chamomile + moringa

Warmth & Circulation: ginger + cinnamon + rose, milk?

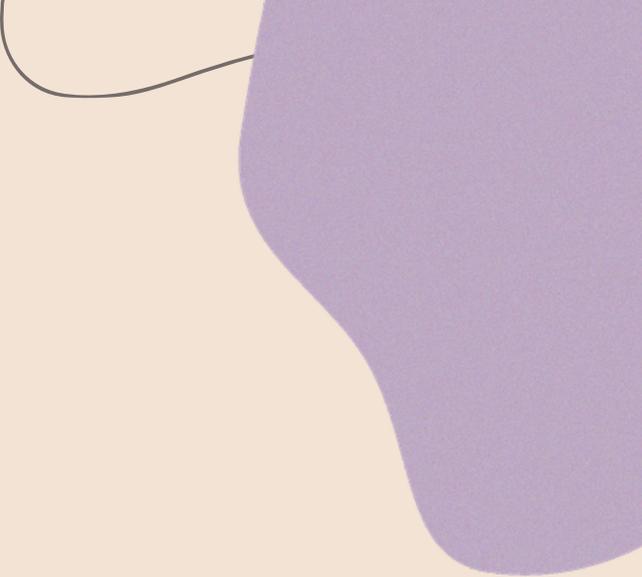
Nourish & rebuild: tulsi + oat straw + rose



EAT, DRINK & STAY WARM



TEA, BROTHS, EASILY DIGESTIBLE FOODS



EMOTIONAL HEALING

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 healing

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

Supporting Your Mind & Emotions

Your hormones drop rapidly after birth — this can bring emotional highs and lows. Day 2-4 when your milk comes in can be a big shift, let it flow don't put any pressures on let it be normal.

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

Daily Postpartum Check-In

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

Have I eaten warm, nourishing food

Have I had enough fluids

Have I rested consciously

Have I moved gently

**Have I connected with someone
supportive**

**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.

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

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 x

Silence is medicine

COMFORT & 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
- Yummy food

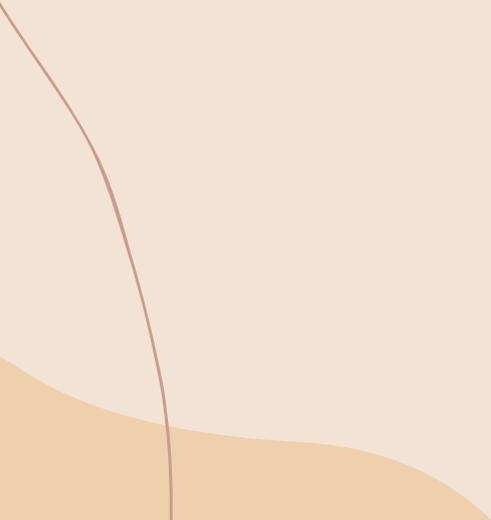
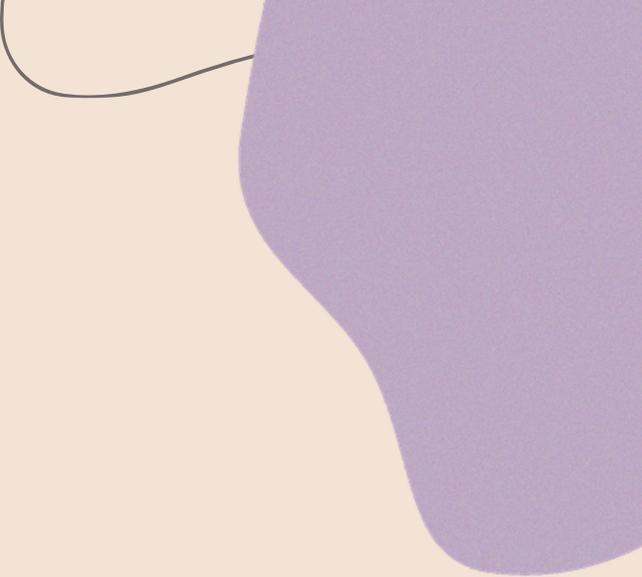
These moments remind the nervous system:

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

SELF CARE



MASSAGE, CRANIOSACRAL THERAPY, REFLEXOLOGY,



ROLES

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.

SHIFT WORK

ALLOWING MOTHER TO REST

TRUSTING HER

BUILDING HER UP

Visitor Guidance

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

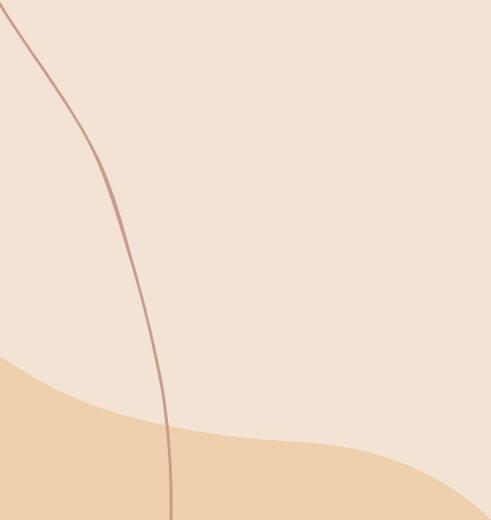
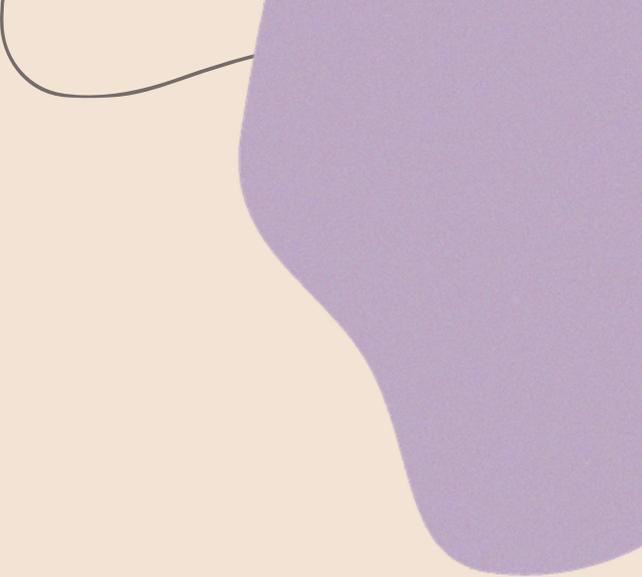
Communicate your needs to each other

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

For visitors:

- Bring food, tea, snacks
- Offer help holding baby
- Offer household support
- Limit prolonged visits
- Respect quiet and warmth



BABY CARE

BABY WEARING

Baby wearing supports calm, connection, and hands-free rest. Proper positioning is essential, can be a very healing way of staying connected 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



SLOWLY

let thier world grow slow they dont need to see everything yet there is plenty of time. The more we encourage an dallow safety and secuirty in their envivorment the more they will thrive and open up to the world when the timing is right.

As muhc as we are protecting the space for mother do this for baby too, low noise, low number of visitors and passing give time to slowly share them.



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F&E DING

BREAST FEEDING

Breastfeeding:

Frequent feeding in the first 3 days can make everything feel easier afterwards by helping establish feeding and milk supply.

Feed on demand, you cannot over feed a breastfed baby.

Hunger cues;

- turning their head and opening their mouth
- bringing hands to mouth
- sucking motions

Keeping It Simple

A helpful way to remember positioning is CHIN:

C – Close

Keep baby close against your body.

H – Head free

Support the neck and shoulders rather than pressing on the head.

I – In a line

Try to keep baby's head, neck, and body in a straight line.

N – Nose to nipple

Bring baby to the breast with their nose near your nipple so they can tilt their head back slightly and latch well.

BREAST FEEDING

L a t c h

Lips flanged outward

- Chin buried in the breast
- Rounded cheeks (not dimpling in)
- You hear swallowing, not lots of clicking or smacking
- Less gulping, sputtering, or frequent unlatching

A few simple things can really help:

- Get yourself comfortable and relaxed first
- Keep baby close and facing you
- Try to keep their body aligned in a straight line
- Offer both breasts at a feed
- Break the latch gently by placing your finger I their mouth
- If painful for over 10 seconds take them off and re latch
- Don't let the nipple trauma stop you - seek help
- If introducing a bottle as well as breast wait till week 4-5
- Nipple soreness can be the body adjusting, dab nipples dry and use some calendula oil
- Go slow
- Cluster feeding can be normal, especially when your milk comes in days 2-4
- Focus on a wide latch - when babies mouth is widest
- Nipple shield can help if trauma has occurred but they're fatty rather than un effective so choose your moment - get the right size
- Silver cups or breast shells can help heal nipples

At the breast, you are looking for a rhythm of suck, suck, swallow. But at the very start they may be practising sometime too.

P o s i t i o n C h a n g e s

Keep trying varied positions, for more easy release from he whole breast for you physical comfort and to help strengthen their technique. You do not need to do it one “right” way.

Common feeding positions include:

- Cradle hold - opposite arm to breast
- Side-lying - turned into baby
- Laid-back feeding / biological nurturing - semi reclined

BOTTLE FEEDING

Bottle Feeding, Formula, and Combination Feeding

Bottle feeding can be just as responsive and connected.

- Feed on demand where possible
- Go slowly and take pauses
- Watch your baby's cues
- Wind and burp baby offer them a pause
- Combination feeding can work well for many families

It can help to remove pressure and remember that feeding is not about doing it perfectly. It is about finding what works for your baby and your family. If feeding feels difficult, support is available through your midwife, local feeding groups, health visitor, or a lactation specialist

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SLEEP

Newborn Sleep

Newborn sleep is biologically normal, even when it feels intense. They wake often, feed often, and want lots of closeness. Their day-night rhythm is not established yet, so sleep can feel unpredictable at first.

What's Normal

- frequent waking
- short stretches of sleep
- feeding at night
- wanting to sleep on or near you
- contact naps
- needing support to settle

Helping Your Baby Settle

- Skin-to-skin helps regulate your baby
- Gentle rocking, holding, and closeness are soothing
- Keep lights lower and voices calm in the evening
- Watch for sleepy cues like yawning, staring, fidgeting, or becoming still
- A simple rhythm can help: wake, change, feed, sleep
- Keeping their bed warm or warmed - wheat bag or heatable blanket
- White noise, warmth, and contact naps can all be helpful.
- Going with their baby's rhythm, rather than fighting it

Sleep for All

Shift Work

Getting a solid window off sleep can be a game changer to help restore and rest you this is where shift work might serve in the early days so maybe partner can have baby for 3-4 hour window in the evening/night time so you can rest deeply.

Letting go of needing what is your usual routine. Maybe you go to bed later and get up later and simple spend longer stretches in bed.

Napping in the day where possible

Resting can be as beneficial as deep sleep, take moments to be horizontal, and do less

Routine

Babies do not have routine at first trying to to enforce once can leave you more exhausted honouring their rhythm can fire you

The routine is simple;

Change - Feed - Hold - Sleep

Changing first (even if you have to re change them) because of then they sleep post feed so if we cannot disturb them when why not.

Change them often, but if you're not changing every wet nappy this is okay, if they are sore or nappy rash comes then yes keep them dry but do not stress if the are wet for a little bit.

Safe Sleep

Safe Sleep

Safe sleep matters, especially in the early months.

- Always place your baby on their back to sleep
- Use a firm, flat sleep surface
- Keep the sleep space clear of loose bedding, pillows, and toys
- Avoid overheating
- Keep baby's arms free in the early days

If your baby wakes when you put them down, try holding them for a few minutes after they fall asleep, then lower them slowly while keeping your body close.

Warming the cot space with your hand first can sometimes help too.

Go Sleeping

Many babies do not like being put down, so it can be helpful to understand safe co-sleeping even if it is not something you plan to do regularly.

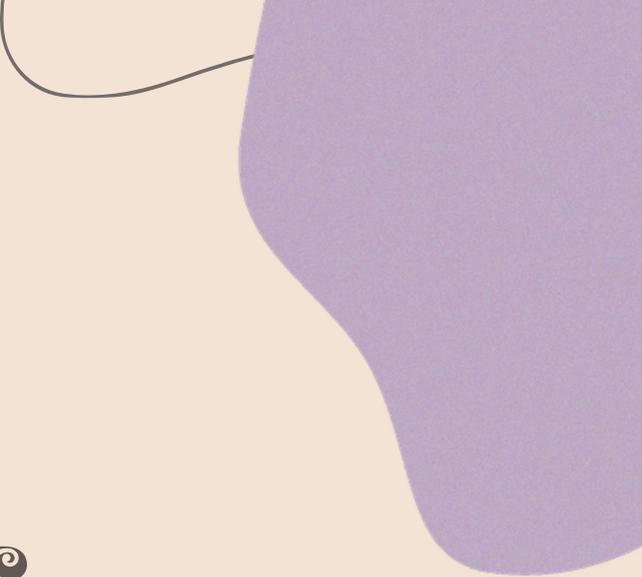
Families need to do what serves them best. Some parents choose shifts at night so everyone gets some rest.

Co-sleeping can happen intentionally or unintentionally, so it is important to know how to make sleep as safe as possible. If you are considering co-sleeping, read current safe sleep guidance and make sure your sleep space is prepared safely.

- a firm, flat mattress
- checking bed positioning
- preventing gaps / entrapment
- keeping the space clear and uncluttered
- reducing fall risk
- avoid soft items around baby's face/head
- do not use pods, nests, or loungers in the bed
- especially avoid anything with soft padded sides around baby's head
- they note these may increase risks such as overheating and unsafe positioning
- consider floor-bed style setups or safer low arrangements

Learn the “cuddle curl” position

- caregiver lies on their side
- body forms a C-shape around baby
- baby stays at breast/chest level, not up by pillows
- arms formed a protect barrier



HEALING

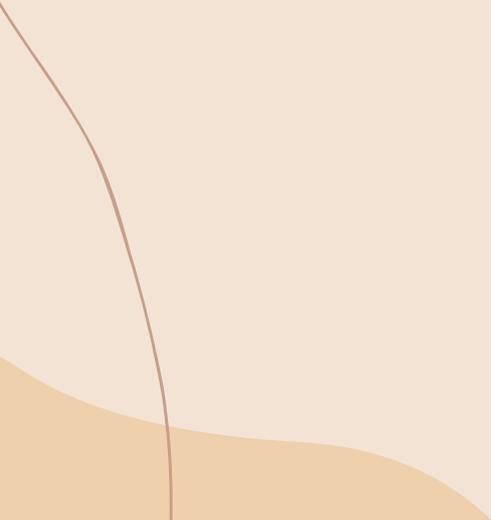
NUTRITION

ROLES

BABY CARE

FEEDING

SLEEP



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.

Made with love

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