

My Postpartum Information

The postpartum part of pregnancy starts after you give birth to your baby. It ends when your body has almost fully recovered from being pregnant. This stage often lasts 6 to 8 weeks.

You will go through a lot of changes after the birth. At the same time, you also are learning how to take care of your new baby.

It is important to take good care of yourself at this time, too.

- **Rest:** Sleep when your baby sleeps. The rest you get may only last a few minutes, but it can help your body.
- **Exercise:** Try to spend some time outside every day. You can begin to walk and do other active things if your care team says it is okay.
- **Food:** Eat healthy foods to help your body recover from giving birth.
- **Support:** Friends and family want to be there for you and your new baby. Ask for help and share what you need.

Most people recover from birth without many problems. Some may need more help from their care team. Please ask your care team for help right away if you need help with how your body is recovering or how you are feeling.

you!
Got
This!