

True Mamas' Fourth Trimester Guide

1. **Disclaimer:** there is no one right way to care for a newborn or do postpartum. These are only suggestions from a mom of two, based on experience.
2. **Line up your nourishment.** Map out your plan of attack for meals. Order freezer or ready to make meals /prepare freezer meals /ask someone to organize a meal train to send to your friends & family.
3. **Heal.** This starts with having postpartum supplies on-hand (maxi pads, nursing bra pads, witch hazel pads, cooling spray, nipple cream, nursing bras, sweatpants, breastfeeding, or formula essentials).
4. **Find your tribe.** Find professionals, programs, and communities to support your recovery. This may look like chiropractic care, pelvic floor physical therapy, support groups, a doula, a mental health professional, or postnatal fitness/core rehabilitation programs. Go to www.truemamas.com/resources to start! Find links, discounts, and learn more.
5. **Get comfortable asking for Help.** You don't have to do it all yourself (& shouldn't). Lean on others around you or hire extra help (postpartum doula, house cleaner, assistant, etc.).
6. **Surrender.** Let go of perfection & expectations.
7. **Give yourself grace.** This isn't easy (pregnancy/birth/postpartum/motherhood). You've been through a lot already. As mothers, we're always learning and a beginner at each stage.
8. **Feel.** Let yourself feel all the feels. Laugh, cry, smile, scream, repeat.
9. **Trust.** Listen to yourself & baby. Trust your gut & intuition. You know more about your baby and your body than anyone else.
10. **Stay hydrated.** This is a reminder to drink water! Drink from a straw (A reusable one ideally. You'll drink more that way. Sparkling water counts!).
11. **Mother yourself. Take 5 or 30 minutes to nurture yourself each day:** go for a walk, get fresh air, pray/meditate, drink a cup of coffee or tea, journal, stretch, read positive affirmations, watch something funny, or eat your favorite snack, fruits, or veggies.
12. **Rest.** No plans. Don't rush, go slow. Just be. Get acquainted with your baby and your new self.

Visit www.truemamas.com & follow @true.mamas on Instagram for more resources, support, and care packages.

True Mamas sends you love & light during this transformative season.

