

# 5 Things for Partners to Know About Postpartum

**1 Plan ahead, pick a support team, and set supportive expectations with friends and family.** The days and weeks after baby's born last longer and require more labor than the one event of birth. Make a plan for nutritious meals, help with chores, and lots of rest — keys to a healthy postpartum. Invest in newborn care classes, a postpartum doula, or lactation consultant if you can. Give visiting family and friends productive tasks like bringing a meal, folding laundry, or doing dishes before you leave.

**2 Newborn life is hands-on, tiring, and just plain hard sometimes.** A normal day with a newborn can involve several messy diaper changes, 2-3 hour spurts of sleep, lots of breast/chestfeeding or bottle preparation, piles of laundry, and wondering, "Why are you crying?" more often than you may have expected. It is okay to feel overwhelmed. That's why we build support systems.

**3 Learn the difference between stress, sadness and mental health flags for you and your partner.** Stress is normal, and hormonal changes in both birthing and non-birthing parents can bring emotional shifts. But there's a line between being stressed or blue and unable to function healthily. Learn the signs and reach out when you need help.

**4 Nurture your relationship with your partner.** With more chores, less sleep, more crying (not just the baby's) and other challenges, lovey feelings can feel like they're slipping away. Create time and space to do things solo and spend time together. Communicate with compassion and take it all one day at a time.

**5 Savor every bonding moment.** On the other side of the newborn weeks you'll likely be sighing, "Where'd my baby go?" In the midst of the postpartum fray, make space to just be in awe and in love with your new little person. To-do lists can wait.



Sources + Recommended Resources: Pregnancy, Childbirth and the Newborn; The Mama Natural Guide to Pregnancy + Childbirth; The Birth Partner; Nurture: A Modern Guide to Pregnancy, Birth + Early Motherhood; ACOG