



## ♥ Preparing for a Healthy 4th Trimester ♥

The first three months after the birth of your baby can be referred to as the “4th trimester.” Newborns are completely dependent on caregiving outside of the womb and preparation in our culture is generally directed towards supplies needed for their care. The following tips are meant to help parents prepare for transition into parenthood physically, emotionally, and spiritually.

**Affirmations** for pregnancy and postpartum to act as “care for yourself” reminders:

- I am caring for myself so I may take care of my baby
- I am surrounded by loving, supportive people, delicious foods, and a peaceful environment
- I am taking private time each day for myself (approx. 30 - 60 minutes)
- I am able to take three deep breaths when I feel the need to “reset”
- I am playing music that soothes my soul and brings me joy
- I am asking for help or sharing a written list which clarify my needs

**Physicals/emotional** comfort and support considerations:

- Plan on loose, comfortable clothing (plan on your 6 month pregnant size)
- Make a rice sock
- Arrange additional care for:
  - Children (daycare/school transportation)
  - Pets (neighbor/friend to help with daily walks, or to feed if needed)
  - Household chores (laundry, meals, garden/yard work)
  - Personal errands (mail pick up, grocery shopping)
  - Phone a friend list (preferably other parents for support)
  - Hire a postpartum doula (may assist with some of the above needs)
- Create a note for the door or a voicemail message that says “I/we are busy bonding with (or caring) for baby [baby’s name] born [date & time] weighing [lbs and oz]. Thank you for your patience and understanding as we enjoy our first days/weeks. Please leave a message. Thank you!” (Smile when you record this message...they will know all is well!)
- Prepare food in advance by doubling your recipes and freezing a meal
- Prepare your “padsicles” and store in freezer
- Place sanitary napkins, peri-care bottle (Frida), disposable underwear/adult protection underwear, in your bathroom or birth kit

**Spiritual** considerations:

- Create a postpartum journal and write or draw feelings and experiences to create a keepsake and express your feelings
- Explore worship options that may be available for the first weeks: virtual worship/podcasts/home visits from faith community members
- Plan daily meditation/prayer/mindfulness

♥ Trust your instincts and please know you can ask for help...it takes a village! ♥