



Guided By You  
Midwifery

# Preparing for the Fourth Trimester

**The fourth trimester is the first few months after birth when you and your baby are adjusting to life together**

## Ways to prepare

- Accept help from family and friends
- Prepare meals in advance
- Rest whenever possible
- Ask for support with feeding and newborn care
- Think about who you can talk to if you feel overwhelmed
- Remember that recovery takes time

The postnatal period can feel emotional and tiring. You do not have to do it all alone.

**If you need additional support during the fourth trimester, please get in touch. I can offer calm, compassionate care to help you feel reassured, supported and confident as you adjust to life with your baby.**

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