



Guided By You
Midwifery

The Fourth Trimester Journey

A Gentle Guide to Parenthood

Presentation Agenda

Understanding Postpartum

What to expect in the postpartum period

Physical Recovery

Healing your body after childbirth

Emotional Health

Protecting your mental health

Feeding & Sleep

Expert guidance on newborn care

Defining the

Fourth

Trimester

The Early weeks Transition

The fourth trimester is an important period following birth, where the mother recovers physically and emotionally while babies adjust to life outside the womb.

At Guided by you midwifery, I provide the continuity of care needed to support this transition with confidence, safety, and expert reassurance.

Physical Recovery

The First Weeks

Nurturing Your Body and

Prioritising Rest

The early weeks of motherhood are a sacred time for healing and recovery. At Guided by You Midwifery, I encourage you to honour your body's natural pace, prioritise nourishment, hydration, and rest. Healing is not a race, but an essential foundation for your long-term wellbeing.



Managing the

Emotional

Transition

Navigating Postnatal

Shifts With Support

and Reassurance



The postnatal period can bring a wide range of emotional changes. At Guided by You Midwifery, I help you recognise the signs of "baby blues" and offer supportive, non-judgemental guidance to help you manage these feelings. You are never alone; I provide a safe space where you can talk through and process every emotion.

Establishing Feeding Patterns

Expert Guidance for Feeding Your Baby



Whether you choose breastfeeding, bottle feeding, or combination feeding, I provide personalised, expert support to help you find a rhythm that works for you and your baby. Alongside feeding your little one, I focus on your postnatal wellbeing to ensure your body has the support it needs for a healthy recovery.

When You Feel Overwhelmed Compassionate Support For Your Mental Wellbeing

Parenthood is a major transition, and it is completely normal to feel overwhelmed at times. I offer a safe, supportive space to talk through your feelings and provide practical tools for self-care if things begin to feel too much. I also help you recognise when additional professional mental health support may be needed, and how to access it.



Building You

Confidence

Trusting Your

Natural Maternal

Instincts



At Guided by You
Midwifery, I empower
you to embrace your
intuition. Motherhood
is a journey of discovery,
and I provide the gentle
support needed to block
out outside pressures,
trust your inner voice, and
grow into your new role
with unwavering self
assurance .

Partner Support and Involvement

Involvement From Day One

At Guided by You Midwifery, partners are never bystanders. I involve you in every check-up, helping you understand the physical and emotional milestones of the postpartum period.

Practical support

I help partners feel confident in caring for both mother and baby, offering guidance on feeding, soothing, bonding, and supporting recovery during the early weeks.

Your Own Transition

Becoming a parent is a major life shift for you too. I provide resources and a safe space to discuss your feelings, fears, and sense of identity as you adjust to your new role.

Your Postnatal Support Toolkit



Direct Access

Book personalised care directly through Guided by You Midwifery for expert support when you need it most.



Self Care

Daily practices to help your physical recovery and emotional wellbeing during early motherhood.



Feeding Support

Practical feeding support to help you find what works best for you and your baby.



Newborn Care

Advice on sleep, winding, bathing, nappy changing, and understanding your baby's cues during the early weeks.

Newborn Sleep

Development

Setting Realistic

Expectations



I help you understand that newborn sleep is naturally irregular. Rather than fighting the clock, I encourage gentle adjustments to your routine, such as resting when your baby rests and creating a calm, soothing environment.

Remember, this phase is temporary, and sleep will become easier with time.

You Are Never Alone

Let's Discuss Your Postnatal Journey

At Guided by You Midwifery, I believe every parent deserves compassionate, expert care throughout their postnatal journey. Whether you need reassurance, practical advice, emotional support, or simply someone to listen, I am here to support you every step of the way. No question is too small, no feeling is too much, and you never have to navigate this stage alone.



Thank you

It would be a privilege to support you through this special chapter and to walk alongside you during the early weeks with your baby.

If you would like additional support, please get in touch through the contact form at [Guided by You Midwifery](#).



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