



Guided By You
Midwifery

Recovery After Birth Guide

Recovery after birth takes time and every woman's experience is different.

Important things to remember

- Rest as much as possible
- Accept help from others
- Drink plenty of fluids
- Eat nourishing foods
- Get extra support with feeding if needed
- Be kind to yourself emotionally
- Speak to a healthcare professional if needed

You do not need to rush your recovery.

If you would like extra support planning for recovery after birth, please get in touch. I can offer calm, compassionate care to help you feel reassured, supported and more prepared for the postnatal period.

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