

recovery ●

Postpartum Roadmap

Because mothers deserve the same care they give



@recovery

Taking care of yourself doesn't mean neglecting others.
It means making sure you're strong enough to care for
those you love.



Postpartum - The Four Pillars in the 4th Trimester

In many traditional cultures, new mothers are encouraged to stay home for the first 40 days after giving birth. This dedicated recovery period allows them to prioritise healing and bonding with their baby without outside distractions. While 40 days might feel excessive in today's fast-paced world, the core idea remains invaluable - take it slow and look after yourself.

REST

Give yourself permission to rest as much as possible in the early weeks. Avoid the temptation to rush back into social activities or errands. If you feel ready, short walks in nature can be a gentle way to recharge, but be mindful not to push yourself too hard as your body continues to recover.

You've built and carried that little baby inside your body and have given birth - acts that cost energy and require rest to recover.

RECOVERY

Postpartum recovery is a holistic process that involves more than just physical healing—it encompasses your emotional and mental well-being as well. Your body undergoes significant changes after birth, from healing tissues and contracting the uterus to balancing hormone levels.

Recovery means listening to your body and giving it the time it needs to rebuild strength.

Emotional recovery is just as vital—acknowledging your feelings, seeking support when needed and creating space for self-care are crucial components.

NOURISHMENT

Widely overlooked in today's society, proper nutrition is key to recovering from pregnancy and childbirth while sustaining your energy as a new mother. Focus on meals that are rich in nutrients but easy to digest, as these are gentler on your healing body. Warm, comforting foods like soups, porridges and broths are particularly beneficial, providing the vitamins and minerals your body needs to heal, regulate your mood and support milk production if you're breastfeeding.

WARMTH

The concept of warmth is critical after giving birth. A mother's body loses significant amounts of blood, fluids, and energy, which can leave her more sensitive to cold. Keeping warm is an important part of the healing process. Many traditional practices focus on consuming warm, nourishing foods like stews, broths, and teas to restore energy and promote recovery. Staying physically warm is just as essential—layering up in cozy clothes and blankets can help your body retain heat and create a comfortable environment for healing.

Traditional Chinese Medicine (TCM)

In TCM, the postpartum period, referred to as the "Golden Month," is considered a time for care and restoration, with a focus on keeping the mother warm and serving her nourishing foods, herbal tonics and practices to replenish energy (Qi) and blood, while the new mother is encouraged to rest and bond with her baby.

Ayurveda

In Ayurveda, postpartum is viewed as a sacred time for recovery, where warm, easily digestible foods, grounding rituals, and herbal therapies are used to rebuild strength, promote overall harmony in the body and mind, and balance the doshas, the fundamental bio-energetic principles that govern the physical and mental processes of the body.

Your Postpartum Timeline - What to expect?

Knowing what to expect in the months postpartum provides a sense of control and reassurance during a time that can feel unpredictable. It allows you to prepare for the physical changes your body will go through and the emotional adjustments as you navigate new motherhood. The below gives you a brief overview of that to expect in the first 12 months after giving birth.

Baby Delivery	6-week Check-up	
<i>Bleeding</i> <i>Uterus Contractions</i> <i>Hormonal Shift</i>	<i>Exhaustion</i> <i>Hormonal Fluctuations</i> <i>Hair Loss</i>	<i>Hormonal Adjustments</i> <i>Regaining Strength</i> <i>Stabilising Energy Levels</i>
First 6 weeks	6 months	12 months

First 24 Hours Postpartum - Your body begins acute recovery

- Uterus Contractions
- Vaginal Bleeding
- Hormonal Shift
- Breastfeeding Challenges
- Blood Volume Adjustment
- Rest

6 Weeks Postpartum – Basic physical recovery completing

- Contractions and Vaginal Bleeding
- Hormonal Fluctuations Continue
- Fatigue and Exhaustion
- Breastfeeding and Milk Supply
- Pelvic Floor and Abdominal Muscles
- Weight Fluctuations
- Postpartum Checkup

3 Months Postpartum – Adjustment and exhaustion

- Hormones Still Adjusting
- Sleep Deprivation
- Emotional Adjustments
- Hair Loss

6 Months Postpartum – Still postpartum but different

- Regaining Strength
- Physical Recovery Progresses
- Hormonal Balance
- Energy Levels
- Emotional Well-being
- Relationship Dynamics

Nourishing the Nourisher

There are few times in life when food plays as crucial a role as it does in the weeks following childbirth. Your body is undergoing significant changes—it's healing, replenishing nutrients and producing milk to nourish your baby. During this time, your digestive system slows down, making easily digestible foods essential for proper absorption of nutrients. Warm, comforting meals like soups, stews and broths not only support digestion but also help restore energy and balance. This is not a time to overlook your own nourishment; it's vital to prioritise your recovery by preparing or planning for meals that truly support your postpartum needs. Taking your nutrition seriously lays the foundation for both your physical and emotional well-being in the months ahead.

Traditional Chinese Medicine (TCM) and Ayurveda, two ancient systems of holistic health, emphasise the vital role of nutrition in postpartum recovery, viewing it as a cornerstone for restoring balance, replenishing energy, and fostering overall well-being for both the mother and baby. Below are the key nutrients a mother should focus on:

Vitamins & Mineral

Iron Supports energy levels and replenishes stores lost during childbirth.

Vitamin D Essential for bone health, immune function, and mood regulation.

Vitamin B6 Helps regulate mood, energy, and brain function.

Vitamin B12 Vital for red blood cell production, energy, and nervous system health.

Omega-3 Fatty Acids Promotes brain health, reduces inflammation, and supports mental clarity.

Iodine Essential for thyroid function and hormonal balance, especially important for breastfeeding mothers.

Magnesium Aids muscle relaxation, energy production, and stress management.

Calcium Supports bone health and prevents depletion from breastfeeding demands.

Zinc Enhances immune function, wound healing, and tissue repair.

Protein Repairs tissues, supports milk production, and maintains energy.

TCM & Ayurvedic Healing Foods

Goji Berries Rich in antioxidants, they support energy and immunity.

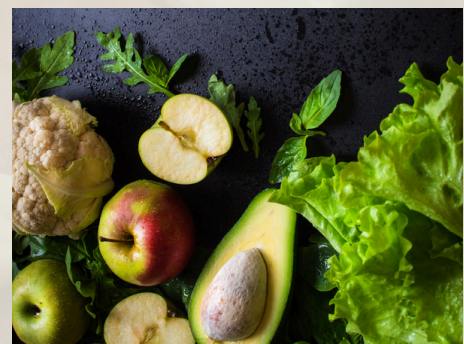
Red Dates Known to replenish blood and promote vitality.

Schisandra An adaptogen that supports hormonal balance and stress resilience.

Shatavari A powerhouse herb in Ayurveda that aids lactation, balances hormones and enhances recovery.



Increased thirst is a common experience during the postpartum period, particularly for breastfeeding mothers. This **heightened need for hydration** is linked to the production of breast milk, which is composed of about 90% water. Your body naturally signals you to drink more to replenish the fluids lost through nursing and to maintain your energy levels. Keeping a water bottle nearby, sipping throughout the day, and incorporating hydrating foods like fruits and soups into your diet can help you stay ahead of dehydration during this demanding time.



Navigating Relationships during Postpartum

The shift from partners to co-parents or integrating family and friends into your new life with a baby can bring both joy and unexpected challenges. Understanding the dynamics at play and preparing for them can ease the transition and strengthen your connections during this transformative phase. Below, we've outlined the most important factors to consider for navigating relationships postpartum, helping you build a foundation of support and understanding.

Before welcoming guests to visit the baby, consider the below

Set clear boundaries with family and friends	Communicate your needs and boundaries ahead of time. Let guests know when you're available and when you need privacy.
Create visiting hours	Establish specific visiting hours that work for your family's schedule, and don't hesitate to reschedule if needed.
Limit the duration of visits	Keep visits short, especially in the early days. Kindly inform guests ahead that you can only welcome them for 30-60 mins.
Ask guests to help	Don't be afraid to ask visitors to bring food, do a quick chore, or help with simple tasks so their visit is supportive.
Designate a "No Holding Baby" policy	If you're not comfortable with others holding your baby, it's okay to say no. Prioritize your baby's comfort and health.
Prepare a script for declining Visits	Have a gentle yet firm response ready, such as "We're resting and bonding right now, but we'll be in touch soon!"
Create a guest-free space	Designate a part of your home as a guest-free zone where you can retreat if you need privacy or a break from visitors.
Limit social media announcements	Delay announcing the birth on social media to avoid an influx of unexpected visitors wanting to meet the baby.
Empower your partner	Have your partner or another trusted person help manage guest communication, allowing you to focus on rest.
Set hygiene rules	Politely ask guests to wash their hands before holding the baby and avoid visiting if they feel unwell.
Don't bother with snacks or beverages	It's not the time to play the host. Don't feel obliged to prepare snacks and drinks (a glass of water should be fine).

Your Postpartum Checklist

The weeks leading up to giving birth can be a whirlwind of activity—finishing up at work, setting up the nursery, and managing the exhaustion of a growing belly. Amidst all the busyness, one of the greatest gifts you can give yourself and your baby is taking the time to prepare for postpartum in advance. To help you get started, we've outlined six key factors we believe are essential for navigating the postpartum period with greater ease and confidence.

1

Stock your Kitchen with Nutrient-Dense Food

Nutrient-dense and warm food is essential during postpartum, especially in the first days after delivery. Your body needs nutrients to heal, tackle constipation and to improve milk quality if breastfeeding.

2

Schedule Rest Time

Prepare a resting schedule and accommodate yourself with the art of sitting still. While you may feel restless very quickly, wishing to prove “look I am back”, don't forget your body needs to rest and recover.

3

Manage Guests

Barely anyone prepares you for the overwhelm of managing visitors post birth. Being a host, perhaps serving food and coffee, feeling obliged to show the baby and let others hold it. While everyone might be excited to see the baby, their wishes don't matter during that time.

4

Don't forget Self-care

Your own focus will shift to the newborn, quickly forgetting basic self-care routines as your days are occupied with the baby's needs. Ensure you have a self-care schedule every day to meet your own basic needs.

5

Household Chores

Now is your partner's, friends or family members time to shine. Schedule a list of chores that need to be done and give others some responsibilities. Tell your parents in law “We would appreciate if your brought us some food when you come to visit,” or “Would you kindly unload the dishwasher before you leave?”

6

External Resources

It's helpful to have a list of external help and resources on speed dial instead of googling and searching desperately on your phone while holding a crying baby.



It's normal to feel vulnerable during the postpartum period—this is a time of immense change and no one is meant to navigate it alone. Embrace it and **ask for help**. It isn't a sign of weakness; it's a sign of strength and self-awareness, allowing you to care for yourself so you can better care for your baby.

Want to know more?

The Postpartum Roadmap solely scratches the surface of what a proper recovery entails. Your time postpartum will be a core memory for the rest of your life, just like feeling the first kick, hearing the heartbeat or the birth itself. Investing time and preparation into a better postpartum is an investment worth it, as it sets the foundation for the rest of your life as a mother.

In our **Postpartum Recovery Guide**, we go in depth and cover the following topics:

- Detailed postpartum recovery timeline
- Physical recovery from birth (vaginal / C-section)
- All body parts affected postpartum
- Tips for breastfeeding
- Mental health incl. trauma from birth, hormonal changes, PPD, anxiety etc.
- Improving your love relationship postpartum
- Nourishment
- Food Recipes

The Postpartum Recovery Guide is a collection of scientific research, ancient traditions and wisdom, all summarised in an easy to read booklet so that you don't have to search for the information yourself.

To be published in early Q1 2025, be among the first to get the guide - just send us a DM on Instagram and you will get an exclusive copy for a discount before it goes public.