

Preparing Your Body for Birth & Recovering Postpartum

Staying Active in Pregnancy

Continuing to do the same activity as before you were pregnant is generally considered safe

Other pregnancy-safe activities:

- Yoga: [Pregnancy Yoga Video](#)
- Pilates
- Swimming
- Walking
- Stretches: [Pregnancy Stretches](#)
- [Core and Floor Restore Packages and Exercise Programs](#)

Bodyworkers & Physiotherapy

Attend a bodyworker to prepare for birth (such as a women's health physio). This is ideal if you are noticing symptoms of discomfort beyond general pregnancy aches and pains or if you want a general follow-up and guidance on exercises during pregnancy and postpartum.

Bodyworkers that I can recommend ([check out the partners discounts and referral codes here](#)):

- [Nurture & Nest \(Andrea Buckler\)](#): Pelvic Release Work
- [P4 Pregnancy \(Katrina Ham\)](#): Pelvic Release Work
- Vitality Physiotherapy (Meredith)
- Restore Function Physiotherapy (Lauren or Laura)
- Barefoot Physiotherapy
- Anytime Physio (Breanna)

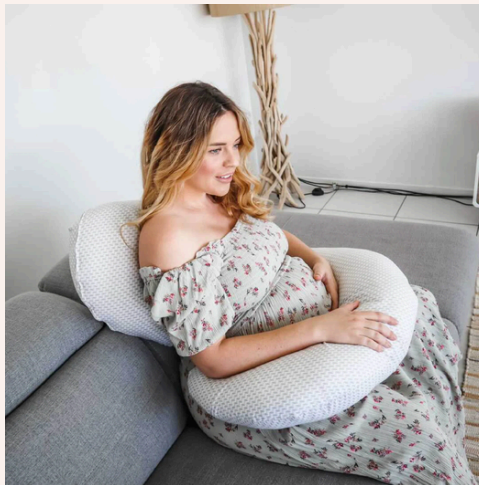
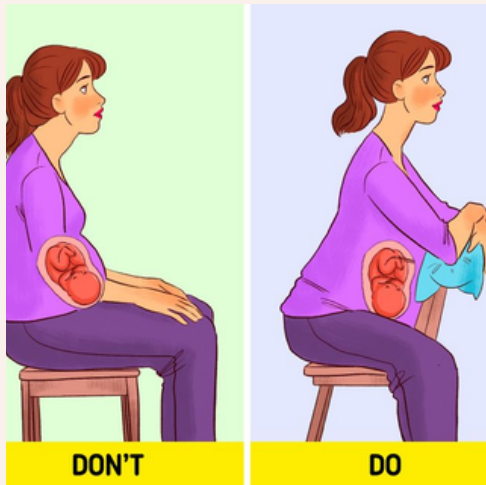
Some hospitals offer bulk-billed sessions with a women's health physiotherapist if you are receiving your care for pregnancy through them.

Ideal Positioning

Avoid reclining positions when possible - see images below

When sitting

- tilt your pelvis forward (have a pillow behind you to assist with this if needed)
- on the couch, hug a pillow and lean forward or side recline
- sit belly first in a bean bag (this can be hard to get out of!)
- sit backwards in a chair
- sit on a birth ball which can be supported by resting forward on a chair or table



Postpartum Recovery

PHYSIOTHERAPY

See list of recommended physiotherapists above.

I highly recommend all women to attend between 4-8 weeks for a thorough postpartum recovery assessment. This is shown to improve long-term outcomes.

CORE AND FLOOR RESTORE

coreandfloor.com.au

Developed by experienced Midwife B. She provides online programs, live classes, and personal sessions to support pregnancy, postpartum recovery, and pelvic floor health.

[Core & Floor Pregnancy](#), [Core & Floor Restore](#), [Core & Floor Strengthen](#), [Core & Floor Men](#)

THE 5-5-5 RULE

The days and weeks after giving birth are a pivotal time for new parents. Your body is working hard to recover from pregnancy and childbirth, all while you dive into the demanding yet rewarding job of caring for your newborn. It's easy to get wrapped up in meeting your baby's every need, but it's just as important to make room for your own self-care.

That's where the 5-5-5 Postpartum Rule comes in. This simple guideline encourages new parents to take things slow and allow their body to heal, while also nurturing those special bonding moments with their baby.

This is not a hard and fast rule and as always I say listen to your instincts, but truly this is a time for healing and bonding with your baby.

- 5 days in the bed - this is just what it sounds like. It means resting under the covers in the warmth of your bed, not getting up for much other than your essential needs like toileting or showering. Eating in bed is allowed and encouraged. Some movement is okay and can be good but this is absolutely NOT the time to overdo it! This is often a time to significantly limit visitors and have only the essential support people around you, bringing you what you need.
- 5 days on the bed - this time can be a little more mobile. You may get dressed and spend a little more time out of bed but you spend the majority of the day on top of your bed still resting and healing.
- 5 days near the bed - Once you've spent five days resting in bed, you can start exploring other parts of the house in small doses—but keep your bed within easy reach. It's important to listen to your body and rest when you need to. Being in a different room doesn't mean you're jumping back into your pre-baby routine or taking on all your old responsibilities just yet.

Postpartum Recovery

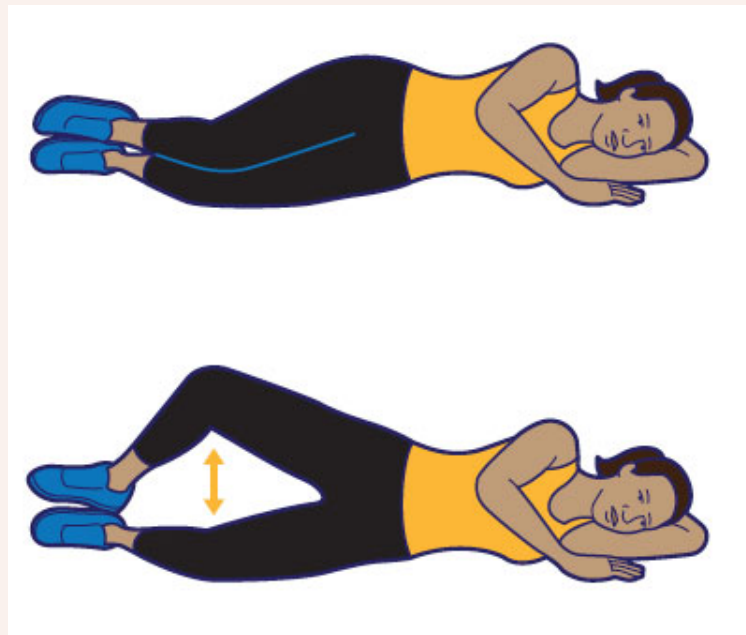
START SIMPLE

- Diaphragmatic breathing - the full breath
- Correcting posture
- Walking
- Pelvic floor and repairing core exercises. (I highly recommend Core and Floor Restore for this. See resource below)
- Gentle core strengthening (see resource below)
- Swiss ball exercises
- Pilates, yoga (most in-person classes will recommend you wait until 6 weeks. You can also find these to do at home if you're not ready to venture out)
- Swimming (once postpartum bleeding has ceased for 5 days, generally around 6 weeks)

CAT COW EXERCISE



CLAM EXERCISE



PELVIC TILT

