

Postpartum Resource List



Postpartum Activity

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.

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)

Physiotherapy

Attend a women's health physio 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. Women's Health Physiotherapists that I can recommend (check out the partners discounts and referral codes section):

- Vitality Physiotherapy (Meredith) - very specialised and knowledgeable
- 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.

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.

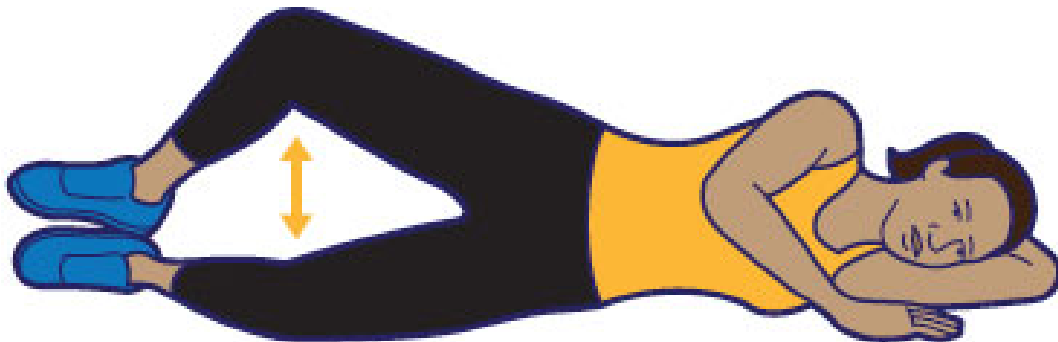
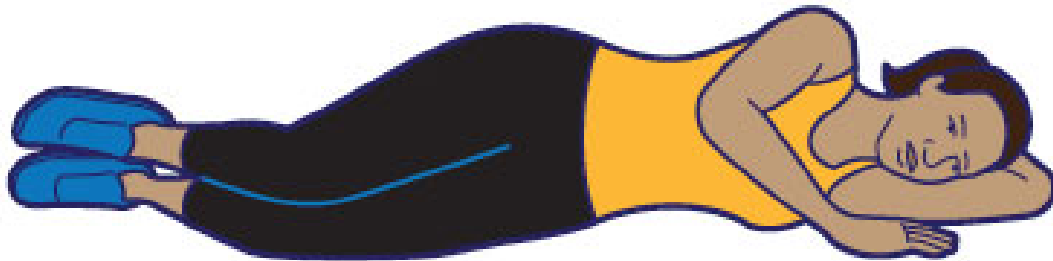
[Core & Floor Pregnancy](#), [Core & Floor Restore](#), [Core & Floor Strengthen](#), [Core & Floor Men](#)

Gentle Core Strengthening Exercises

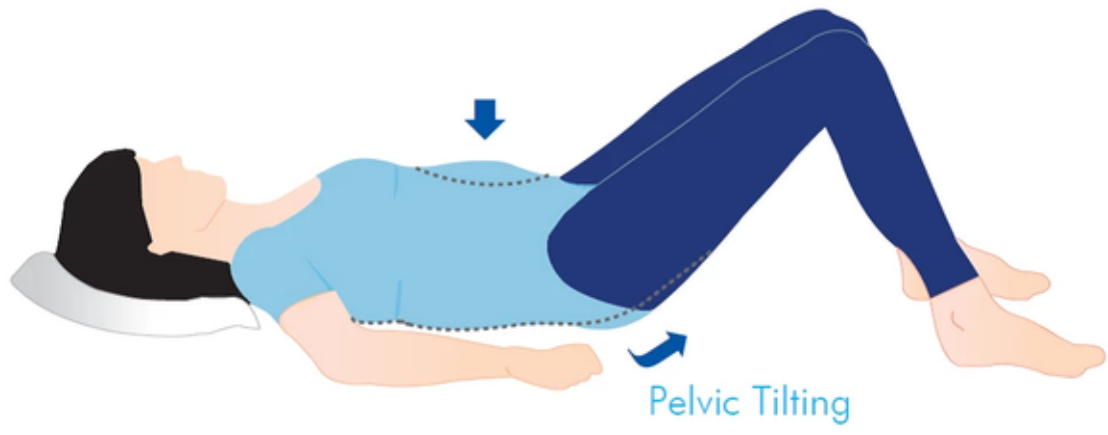
Cat Cow Exercise



Clam Exercise



Pelvic Tilt



Postpartum Nutrition

Tips & General Guidance

There are no specific foods that you should have or avoid eating whether you breast or formula feed your baby. However, having wholefoods and a varied diet is highly recommended. You require food rich in healthy fats and high in protein. Some resources on where to find guidance on specific foods is below.

- Meal prep before birth
- If people want to visit or offer you things postnatally, ask for homecooked meals or meal service vouchers
- Eat plenty and often. Snacks are a must
- Having a wide variety of foods if you are breastfeeding will help your newborn get used to many different tastes
- Do not avoid any food groups unless you are intolerant
- Limit caffeine intake to 200-300mg per day, it can affect some babies.

The Glucose Goddess

www.glucosegoddess.com

Jessie Inchauspé is a French biochemist and New York Times bestselling author of Glucose Revolution and The Glucose Goddess Method. She is on a mission to translate cutting-edge science into easy tips to help people improve their physical and mental health. Her work centres around the startling discovery about the essential role of blood sugar in every aspect of our lives, and the surprising hacks to optimize it. Jessie is the founder of the wildly popular Instagram account @GlucoseGoddess, where she teaches over two million people about transformative food habits. She holds a BSc in mathematics from King's College, London, and an MSc in biochemistry from Georgetown University.

Books/Audiobooks:

The Glucose Revolution

The Glucose Goddess Method

The Mater Mother Nutrition and Dietetics

<https://matermothers.org.au/services/nutrition-and-dietetics>

This is the most comprehensive resource that I have come across that covers all things nutrition for pregnancy, including the below topics

- Healthy eating tips for pregnancy
- Food safety and what to avoid eating

- Managing pregnancy discomforts
- Facts on Nutrients Important for Pregnancy
- Vegan and Vegetarian Eating
- Drinks guide
- Healthy weight gain
- Meal plans and recipes

Maia Mothers Collective

<https://www.maiamothers.com.au/>

Maia Mothers Collective provides comprehensive care and support for women navigating fertility, pregnancy, postpartum, and motherhood. Their services include tailored nutritional guidance, acupuncture, naturopathy, psychology, lactation support, massage therapy, and specialised programs to empower women and promote holistic well-being throughout their journey

Mental Health for All

Strategies & Tips

- “If someone is not giving you something, they are taking something from you”.
- Nutrition + Hydrate + Rest
- Self-admiration
- Expectations – achievable goals
- Set Boundaries
- Skin-to-skin contact anytime
- Open honest communication
- Talk to healthcare professionals
- Accept help from others
- Breastfeeding support
- Mothers or parents’ groups
- Have a messy house
- Cry it out
- Do not compare

Postnatal mood disorders affect around 1 in 5 mothers.

- Day 3(ish) Baby Blues
- Intense symptoms beyond 2 weeks is unusual
- Easy to blame these symptoms on fatigue
 - Apathy
 - Intrusive thoughts
 - Sad
 - Lonely
 - Hopeless
 - Disassociate
 - Frustrated
 - Angry

COPE - Centre of Perinatal Excellence

<https://www.cope.org.au/readytocope/>

Information and support on Mental Health during pregnancy and postpartum.

App: **Ready to Cope**. Stay informed and feel reassured during pregnancy and your first year of parenthood

PANDA

<https://panda.org.au>

National Helpline 1300 726 306

Monday to Saturday (and public holidays) from 9am – 7:30pm Monday to Friday and 9-4pm Saturdays, AEST and is staffed by trained and experienced counsellors and volunteers.

PANDA (Perinatal Anxiety & Depression Australia) supports parents and families during pregnancy and throughout the first year of parenthood.

Phone and online services provide access to counselling and information to support mental health and wellbeing.

Mum Space

<https://www.mumspace.com.au>

MumSpace is designed to connect you quickly with the level of support you need, from advice and support in the transition to parenthood, to effective online treatment programs for perinatal depression and anxiety. The resources on MumSpace will help you 'step-up' to whichever level of support suits you best.

1300 MH CALL: Mental health access line

(1300 642 255)

<https://www.qld.gov.au/health/mental-health/help-lines/1300-mh-call>

1300 MH CALL (1300 642 255) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

Available 24 hours a day, 7 days a week. It will link to your nearest QLD Mental Health service.

The 1300 MH CALL service:

- is the main point of access into public mental health services
- can provide support, information, advice and referral
- can provide advice and information in a mental health emergency or crisis
- is staffed by trained and experienced professional mental health clinicians
- will provide a mental health triage and refer to acute care teams where appropriate.

Lifeline

<https://www.lifeline.org.au>

- Call 13 11 14 available 24/7

- Text service available 24/7
- Chat online available 24/7
- Resources online

We are a national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services. We exist so that no person in Australia has to face their darkest moments alone.

This service is good for crisis and when immediate and urgent support is needed

Beyond Blue

<https://www.beyondblue.org.au>

- Call 1300 22 4636 available 24/7
- Chat online available 24/7
- Find a mental health professional
- Connect with others on forums
- Find resources and info guides

Baby Coming You Ready?

babycomingyouready.org.au

A bold innovation designed to support the social and emotional wellbeing of Aboriginal and Torres Strait Islander parents-to-be and new parents.

13 YARN

<https://www.13yarn.org.au/>

13YARN is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping. We offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. 13YARN empowers our community with the opportunity to yarn without judgement and provide a culturally safe space to speak about their needs, worries or concerns.

Partner Mental Health & Bonding

- Sound and touch during pregnancy
- Skin-to-skin contact regularly (within the first 24 hours rewires neurons to be more attentive to newborn)

- Eye contact and talking with newborn
- Practical caregiving
- Playtime
- Baby-wearing

DadSpace

<https://www.dadspace.com.au/>

Mental, emotional and practical support for expectant and new dads

Mensline

<http://mensline.org.au>

1300 789 978

A 24hr professional telephone and online support and information service for Australian men.

SMS4dads

<https://www.sms4dads.com.au/>

Fathers, Dads-to-be, Families & Health Professionals. Receive free text messages, support, info & tips – especially for dads & dads-to-be

Baby and Child Mental Health:

<https://raisingchildren.net.au/guides/raising-healthy-minds-child-mental-health>

The Raising Healthy Minds initiative by Raising Children Network offers a free, customisable app designed to support child mental health and family wellbeing. It provides tailored advice, practical tips, and tools to help parents nurture their child's emotional development, encourage positive behaviours, strengthen family connections, and prioritise self-care

Infant Feeding & Care

Brisbane Lactation Consultants

- Bridget Ingle: <https://www.bridgetingle.com.au>
- Sam Foster: <https://www.growmedical.com.au/lactation-consultant-service>
- Katie Irwin: <https://www.flourishlactation.com.au>
- Rachel Hodge: <https://www.maiamothers.com.au/lactation-services>

Breastfeeding Information & Support

[Australian Breastfeeding Association](#) : The first week of Breastfeeding Guide to set you up for the best breastfeeding journey

Breastfeeding Helpline: 1800 mum 2 mum | 1800 686 268

[Thompson Method Breastfeeding Program](#)

App: Breastfed NZ

The Discontented Little Baby Book: Excellent book about the first 12-16 weeks of life in a newborn, covering support with feeding, settling, development, and parenthood.

Bottle feeding

Paced Bottle Feeding: A basic recap video of what we covered in class

<https://www.youtube.com/watch?app=desktop&v=TuZXD1hIW8Q>

<https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding/bottle-feeding/giving-the-bottle>

<https://www.breastfeeding.asn.au/resources/paced-bottle-feeding>

<https://www.breastfeeding.asn.au/resources/facts-formula>

Winding tips:

Link for more settling techniques

<https://www2.hse.ie/babies-children/parenting-advice/caring-for-a-new-baby/winding-burping/>

I Love U baby massage technique for wind

<https://www.youtube.com/watch?app=desktop&v=v2dYuyvVOVY>

Infant Developmental Milestones

- The Discontented Little Baby Book
- App & Book: The Wonder Weeks
- <https://www.pregnancybirthbaby.org.au/baby-development>
- <https://raisingchildren.net.au/newborns/development/development-tracker/0-1-month>

Baby Car Seat

- Have your car seat installed this week, ready in time for baby's arrival typically by 36 weeks
- There are services that will do this / check this to ensure it is safely installed

<https://kidsafeqld.com.au/child-car-seat-fitting/>

Safe Sleeping Guidelines

For all babies 0-12 months, Red Nose recommends six key steps to reduce the risk of sudden infant death (SIDS)

<https://rednose.org.au/article/red-nose-six-safe-sleep-recommendations>

Kidsafe

Car seat fittings, safe sleeping, safe home environment, avoiding common dangers information. They have a centre to visualised safe home and safe sleeping to offer support.

<https://kidsafeqld.com.au>

Maternal Recovery

Caesarean Scar Massage

<https://myexpertmidwife.com/blogs/my-expert-midwife/c-section-scar-massage>

Perineal Tear or Episiotomy Scar Massage

<https://myexpertmidwife.com/blogs/my-expert-midwife/massaging-scars>

General Resources for Postpartum

- <https://www.pregnancybirthbaby.org.au>
- <https://raisingchildren.net.au>
- <https://www.breastfeeding.asn.au>
- <https://www.triplep-parenting.net>
- Call 13 Health to speak to a nurse <https://www.ambulance.qld.gov.au/our-services/13health>

Recommended Postnatal Podcasts

- Australian Birth Stories
- The Great Birth Rebellion (more focussed on pregnancy and birth but has some postnatal info)
- Baby talks ABC
- Beyond the Bump
- Tales From The Fourth Trimester
- The Science of Motherhood
- The Glorious Mess: Little Kids

Brisbane Parents Groups and Child Health

- Local Child Health Clinics <https://www.qld.gov.au/health/children/babies/clinics>
- Peach Tree <https://peachtree.org.au/groups/>
- Maia Mothers Collective <https://www.maiamothers.com.au/store/mothers-group>
- Keeping Mum <https://keeping-mum.com.au/mothers-groups>
- Mothers Connected <https://www.mothersconnected.com.au>
- Mama Collective <https://mamacollective.com>
- Intuitive Mothers <https://intuitivemummas.com.au/0-6months>
- Modern Mamas <https://www.modernmamasgroup.com.au>

