

How to Support in the Postpartum

- Skin-to-skin anytime
- Nappy changes
- Settling and Winding
- Bathing
- Feeding the person who is busy feeding the baby
- Feeding the baby with expressed milk or formula, if choosing this method
- Keeping up with shared chores around the house
- Facilitating safe and comfortable sleeping, playing and eating spaces for everyone
- Managing older child care and schedules
- Taking time to simply enjoy quality time together with your baby
- Going on walks with the baby
- Ensure your own self-care