

My Maternal Wellbeing Plan

SLEEP

It is often very hard to get rest or sleep when you have a new baby, as a young baby is not meant to sleep through the night. It is normal for them to sleep in 2-3 hour stretches. This will change as baby grows. Sleep is important for your health. Your sleep will probably change after the baby comes, but you can try these things to help yourself get needed rest.

- You may need to sleep in 2-3 hour blocks at a time, strung together to get you the 7-9 hours you need.
- During that time, don't do anything except try to sleep. If you need to get up for feeding, do it, change his diaper, but don't play with him, and then go right back to bed. Keep lights off, low, or use a red bulb. Don't start watching TV, turn music on, or check your phone or other electronics.
- Create a healthy sleep environment—dark, quiet, comfortable, with not a lot of distractions.
- In addition to the main sleep time, rest or nap when the baby is sleeping. Don't use that time for house chores or any work.
- You and your baby need time together. Take advantage of offers for help by asking others to do household tasks.
- If you are feeling depressed or anxious, you may need to find a way to get 5-6 hours of continuous sleep—research shows this may make your depression or anxiety better. Have someone else feed and care for the baby during that time.

EAT WELL

- Always have on hand: protein, veggies, fruit, whole grains.
- Prepack single-serve portions in baggies for easy eating.
- Keep healthy snacks where you sit to feed the baby.
- Drink water as you need it, have it easily available.

MOVE & Get Outside

- Aim for 30 minutes a day of movement. Start easy! Walk, light housework or gardening, quick trip to the store or errands or library.
- Try to get outside every day, even if just for a slow walk.

CONNECT

- Stay connected to supportive family and friends by phone, email and text.
- Encourage short visits, and be very clear about “visiting hours”.
- Accept offers of help. Ask for it if you need it!



Resources

Getting Good Sleep:

www.sleep.org

Baby Development:

www.helpmegrowmn.org

Nutrition for New Moms:

<http://www.health.state.mn.us/wic/nutrition/morenutinfo.html>

Places to find other parents/
new moms:

- Early Childhood Family Education
- Family Home Visiting
- Community Parks or Libraries

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PLAN AHEAD

My best place for relaxing in my home is: _____

Healthy, easy foods I like to eat are: _____

People I can ask for help when I need it:

1. _____ 2. _____

Ways I like to exercise and connect with other people, which I could do with a small baby:

1. _____ 2. _____

JUST IN CASE

Having a new baby is a big change.

There are resources to help people figure out how to adjust. You can find help to keep you and your baby healthy, mentally and physically. If it's not going well, it's good to recognize that and get help.

My early signs that I am feeling bad, depressed, or too anxious:

- _____
- _____

It can be difficult to talk about not doing well. If you feel like this, who are 3 people you would talk with?

1. _____

2. _____

3. _____

What will you say?

GET HELP

If it is not an emergency, but I need advice:

- Provider's office daytime:

- Provider/clinic after hours:

- Pregnancy and Postpartum Support warm help line: call or text:
612-787-7776
- Mother Baby Program: (warm line, will call you back):
612-873-HOPE (4673)

If it is an emergency and I am scared I will hurt myself or my baby:

* 911

* Crisis hot line: 866-379-6363

Please visit our webpage for more information or printouts of this plan:

<http://www.health.state.mn.us/divs/cfh/to pic/pmad/>