

LOOKING AFTER YOURSELF

Getting active after birth

It is important to rest and recover from the birth of your baby. Being active can help with your body and mind. When you feel ready after birth, start with some easy movements. If you are unsure about what is right for you speak with your GP.



Exercise Ideas



Walking or join a local pram walking group



Yoga/ stretching/ Pilates



Swimming, 4-6 weeks after birth



Light gardening/ housework



Light weight training

Nutrition

Healthy food is great for your body and mind. Eat a variety of the 5 food groups to keep your energy up!



Vegetables and legumes/beans



Fruits



Wholegrains (bread, rice, cereals, pastas)



Dairy and plant-based alternatives



Meat, Seafood and plant-based protein

Breastfeeding and nutrition

You need more food if you are breastfeeding. Your body uses this extra food to make breastmilk.

Most breastfeeding mothers feel hungrier than usual. All mothers can use their body to guide how much you eat and drink.



Emotional wellbeing

If you experience any of the below for more than a few days reach out for some help.

A Child and Family Health Nurse, Aboriginal Health Worker, Midwife or GP can help.



Constant low mood



Don't enjoy normal activities



Loss of appetite



Hard to relax or sleep



Cry often for no reason

For telephone support

Perinatal Anxiety & Depression Australia (PANDA) - 1300 726 306

beyondblue - 1300 224 636

Pregnancy, Birth & Baby - 1800 882 436

Get Healthy - 1300 806 258

