

Postpartum Wellness

DURING COVID-19

The postpartum period is the first six weeks after giving birth. During this time, your body experiences dramatic changes as you heal from pregnancy and childbirth and produce a milk supply. It is a sensitive, sacred, and sometimes very challenging time.



Staying Well



Caring for yourself can be difficult during the postpartum time and even more so during the pandemic. You may have a lot less help available than you would have had before.



It is common to have a lot of questions when you are recovering from birth and are parenting a new baby. Make notes and talk to your care provider. Your care provider can support you with breastfeeding/chest feeding, caring for your baby, recovering from birth, your sexual health, including birth control, and any concerns surrounding your mental wellness.



Asking for help is an act of self-care.



Stay connected with loved ones virtually for support. It is safe and helpful for loved ones to bring food and run errands for you.



It can be grounding to stay connected to loved ones, to the land and to culture. Talk to Elders and Knowledge Keepers about how ceremonies can be done now and know your blood memory carries the wisdom of parenting, caring for yourself and living through a pandemic.



Continue your follow-up appointments with your care provider during the postpartum period, either at home, in a clinic or virtually.



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