

PROACTIVE STEPS TOWARD HEALTH AND WELLBEING

Caring for yourself IS caring for your baby!

Nutrition

Try for 5 or more healthy meals/snacks during the day.

Include 3 or more meals/snacks with protein.

Take the vitamins and supplements that are part of your daily care plan.

Sleep

Aim for at least 8 hours of sleep in a 24 hour period.

Talk with your care provider if sleep does not come easily to you or if your sleep is not refreshing.

Nap or rest during the day if you are tired.

Exercise

Identify a way to exercise that is enjoyable to you.

Find a way to stay physically active for 1/2 hour or more at least 3 times per week.

Social Support

Spend time each week with people who are important to you.

Consider whether family relationships are filling or draining to you.

Meet with other new parents on a regular basis. Ask your care provider for referrals in this area if you need them.

* If these or any other areas of your life challenge your wellbeing or that of your baby, contact a professional care provider to consider new options. I am always interested in discussing your concerns.

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