

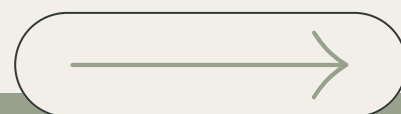
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postnatal



## 15 HELPFUL FACTS ABOUT POSTNATAL CARE

Navigating the Postpartum Journey with Confidence



[info@theruby.com](mailto:info@theruby.com)

[therubypostnatal.com](http://therubypostnatal.com)



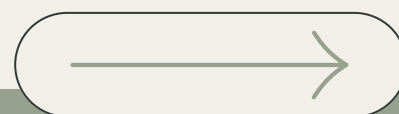
## FACT #1

# Physical Recovery Takes Time

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Your body has undergone significant changes.  
Be patient with yourself.

*(Source: Mayo Clinic - Postpartum Body Changes)*





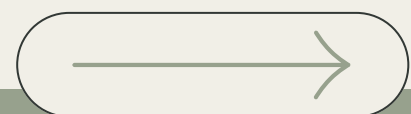
## FACT #2

# Hormonal Shifts are Normal

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Mood swings, anxiety, and even postpartum depression are common.

*(Source: National Institute of Mental Health - Postpartum Depression)*







## FACT #3

# Pelvic Floor Exercises are Essential

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Kegels help strengthen muscles weakened during pregnancy and delivery.

*(Source: American College of Obstetricians and Gynecologists (ACOG) - Pelvic Floor Exercises)*







## FACT #4

### Nutrition is Key

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Focus on nutrient-rich foods  
to support healing and breastfeeding.

*(Source: Healthline - Postpartum Diet Plan: Tips for Healthy Eating After Giving Birth)*





## FACT #5

# Hydration is Vital

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Drink plenty of water  
to combat dehydration and support milk production.

*(Source: Healthline - Hydration During Breastfeeding)*





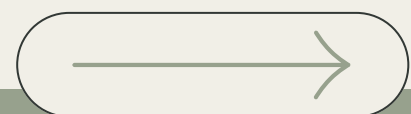
## FACT #6

# Rest and Sleep are Crucial

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Prioritize rest whenever possible.

*(Source: Sleep Foundation - Postpartum Sleep)*







## FACT #7

# Seek Support

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Don't hesitate to reach out to family, friends, or a support group.

*(Source: Postpartum Support International - Online Support Groups)*





## FACT #8

# Massage and Relaxation Techniques Can Help

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Massage and Relaxation Techniques Can Help

*(Source: WebMD - Benefits of Postpartum Massage)*







## FACT #9

### Listen to Your Body

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Rest when you need it,  
and don't push yourself too hard.

*(Source: Nyssa - Listening to your Body: 4 Tips for Postpartum with Diana Zic)*







## FACT #10

# Breastfeeding Can Be Challenging

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It may take time to establish breastfeeding.  
Seek support from lactation consultants.

*(Source: Nyssa - Listening to your Body: 4 Tips for Postpartum with Diana Zic)*





## FACT #11

# Bonding with Your Baby is Important

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Enjoy skin-to-skin contact  
and spend quality time with your newborn.

*(Source: Sanford Health News - The importance of skin-to-skin with baby after delivery)*





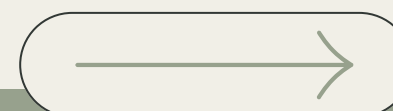
## FACT #12

# Postpartum Depression is Treatable

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If you are experiencing symptoms,  
seek professional help.

*(Source: National Institute of Mental Health - Postpartum Depression)*







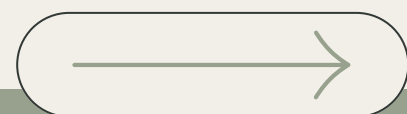
## FACT #13

### Your Partner Needs Support Too

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Encourage your partner to take care of themselves and involve them in caring for the baby.

*(Source: PostpartumMen- Helping Men Beat The Baby Blues And Overcome Depression)*





## FACT #14

# Self-Care is Essential

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Make time for activities that bring you joy and relaxation.

*(Source: Government of Canada - Your guide to postpartum health and caring for your baby)*







## FACT #15

### Be Patient with Yourself

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Postpartum recovery is a journey.  
Celebrate your progress  
and don't be afraid to ask for help

*(Source: Geisinger - Postpartum care for mom: Tips for healing and comfort.)*





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## THANKS FOR READING!

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### **Please Note:**

This information is for general knowledge and does not constitute medical advice. Always consult with your healthcare provider.