
How to have a happy post partum



Creating Balance and calm within new motherhood

Hello and Welcome momma

Im Sonia Thompson post partum doula and guide (I applaud you for downloading this guide and honouring your needs)

I am a mother to 5 children ranging in age 23 years to 6 months with 23 years mothering experience supporting women in the post partum managing their mental health for over 10 years, taking them through a journey of healing and self discovery as they adapt to new motherhood and embody their mother identity.

I have supported women who have felt lost, down and exhausted to feeling confident, radiant and relaxed within the post partum period and have taken myself on a profound journey of healing within my 4th and 5th post partum periods as with my 3 previous births I suffered from deep depression, anxiety and exhaustion feeling disconnected from myself and my baby and lacking motivation to do anything. In 2009 when my son was born I experienced the darkest time in my life I was crippled with post traumatic stress and anxiety constantly thinking over and over for 6 months that I had cancer and was going to die I was unable to sleep for 2 weeks following my sons birth which lead me to being completely disconnected from myself and my baby. Fast forward to April 2020 with the birth of my 4th child right in the depths of a global pandemic I had a relaxed, calm and nourishing post partum period having the most special days with my baby and here within this guide I am going to share with you exactly how to have a happy post partum.

I live and work in Birmingham England where I live with my husband and 5 children, I see you momma and wish you the most wonderful post partum period x



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Step 1: Environment

Taking the time to create a calm and relaxing space for you and baby will allow you to feel grounded and regulated within your nervous system. Whether this is your bedroom or sitting room ensure this is somewhere that is peaceful where you have access to everything you need, somewhere that feels zen and “like home”. The most important aspect of this is for your nervous system to feel relaxed and regulated

some of my top tips for this are:

- keep a changing bag/ caddy close by with babies essentials&clothes
- have a supply of snacks and water close by
- have something in your space that evokes relaxation like an image, ornament or scent
- Ensure there are low distractions and noise levels



Step 2 : Support

When you arrive home with your baby it can feel overwhelming being with your new reality and the fact that you are fully responsible for this tiny human you have birthed. With that in mind having support is something that will further allow you to feel relaxed and regulated. Take the time to set up a support system that is within your resources which can be anything from a list of phone numbers next to you to having a full time doula by your side for the first few weeks. Delegate as many tasks as possible, do what is within your capacity and be kind and gentle with yourself as your time and energy is required for the nourishment of yourself and baby.

Some of my top tips for this are:

- Create boundaries for yourself and set the tone as to what people can expect from you
- Keep a list of important numbers/contacts within your support system (midwife, family members)
- Ask for what you need rather than doing it yourself
- Say yes to any help that is offered



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Step 3: Rest&Sleep

Having just birthed your baby you and your body have gone through one of if not the most physically demanding experiences of your life there is no doubt you are feeling exhausted and fragile. The most effective thing you can do for your recovery is sleep as when your asleep your body is able to fully focus on healing itself as well as replenishing your energy levels. Rest and sleep also balances your hormones, increases your milk supply and enhances your mental health, the more you are able to rest the smoother your recovery will be particularly if you have had a cesarean section.

Some of my top tips for this are:

- Sleep as much as possible
- Say yes to visitors when feels good for you
- Listen to your body
- Take your time, move gently
- Remind yourself daily as to how truly healing rest and sleep are following childbirth



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Step 4: Tend to your mental health

After giving birth your hormones take time to reset and calibrate and your body takes time to adapt to no longer being pregnant. With this huge shift happening in your body something amazing you can do to support this is to tend to your mind and its wellbeing. Having a newborn is a particularly busy time your mind can become overwhelmed coupled with the fact that when baby cries it triggers a stress response within you this can invite mental strain.

Take the time everyday to do something that is just for you whether that is finishing a drink or going for a walk it enhances your wellbeing on every level when you give back to yourself. One of the most profound things I have learned within my 23 years mothering experience is that it is impossible to pour from an empty cup (when a plane is going down we have to put the oxygen mask on ourselves before we put it on our child) The more nourished you are the more capacity you have to take care of baby.

Some of my top tips for this are:

- Change your environment/ go for a walk if you can as this massively reduces mental stress
- Do a relaxing activity for mental wellbeing such a mindful breathing/reading
- Take yourself away from spaces that cause overstimulation/ overwhelm



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THANKYOU SO MUCH!

Thankyou momma for downloading my guide a loving reminder from me that your doing so amazingly no matter where you are on your journey

As you apply and implement these steps I know that your post partum period will feel happy, balanced, nourishing and blessed (amongst the hormonal rollercoaster)

When you are feeling like things are too much, take a breath and come back to the tips and guidance here for you.

If you would like to work with me further contact me via instagram at 4thtrimester_doula

Wishing you a very happy post partum

Love Sonia xxx



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