

TAKING CARE OF YOU.

A gentle guide to resting, recovering and looking after you after a cesarean section



BY
TINY HANDS
BABY MASSAGE



Congratulations

Congratulations on your new baby.

You've just done something incredible. However your birth went, you're here, your baby is here, and that matters more than anything.

The weeks after a c-section can feel a lot. You're healing from major surgery while also navigating all the beautiful, overwhelming, exhausting bits of being a new mum. This little guide isn't here to tell you what to do... it's just a gentle reminder to take care of yourself too, in the small ways that are actually possible right now.

**You matter in all of this. Not just as a mum.
As a person.**

REST – ACTUALLY REST

This one sounds obvious but it's often the hardest. Your body is healing from the inside out, and that takes energy you can't see being spent. Sleep when you can. Let the washing sit. Let people bring food and hold the baby while you close your eyes... only if that feels right for you though.. There's no wrong way to do this

Accepting help isn't failing... it's how you heal.



TOUCH & CONNECTION

Your body has been through a lot. Gentle touch, holding your baby close, skin-to-skin if that feels comfortable, releases oxytocin... the hormone that helps you both feel calm and connected.

Just holding your baby, breathing them in, noticing the weight of them on your chest and feeling their breath... that's enough.

Actually... it's everything.



HYDRATION & NOURISHMENT

Your body is healing and you might even be feeding at the same time. Both need so much water.

A big bottle of water nearby helps... warm drinks too if that's what you fancy. And if people offer to bring food, let them.

If they offer, they are more than happy to do that for you.



BREATHING & STILLNESS

You don't need to meditate if that's not your thing...

Just... pause sometimes. Breathe in slowly for a count of four, out for six. Even once or twice while baby feeds can shift how your body feels. Notice small things, like the weight of baby on your chest.

It helps ground you and calm you.

There has been research that shows that when the body is under stress, cortisol can actually slow physical healing. So the stillness isn't lazy.

It's doing something important.



ASK FOR... AND ACCEPT SUPPORT

You're not supposed to do this alone.

Let your midwife or health visitor know how you're really feeling, not just physically. If things feel hard or you're struggling emotionally, that's something to share... not push through. You are already doing a lot.

You matter in this too.



MOVEMENT WHEN YOU'RE READY

Gentle is the word.

Short walks inside first. Standing slowly. Your wound is healing from the inside out , long after the outside looks fine, so there's no rushing this.

Follow your body... and always your medical team.



A GENTLE FINISHING NOTE

This guide is for general holistic wellbeing only. It isn't medical advice and it isn't intended to replace the guidance of your midwife, health visitor, GP, or any other medical professional.

Always follow your individual care team's advice, especially around movement, wound care, and your emotional health.

If anything doesn't feel right, please reach out to your midwife, health visitor or call your GP or NHS 111.

From my little village to yours,
with love,



Amanda

XX