



The Postpartum Reality Checklist...

THAT NO-ONE TALKS ABOUT

www.theblossomingcollective.com
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The Postpartum Reality Checklist

No One Talks About

BECAUSE YOU DESERVE TO FEEL PREPARED...
NOT BLINDSIDED.

You've read the birth books.

You've chosen the pram.

You've packed the hospital bag.

But what about you?

Postpartum isn't just about recovery.

It's about transformation.

This checklist gently prepares you for the parts no one explains.



Identity Shifts to Expect

Motherhood is a rite of passage.
The term for this is matrescence... the becoming of a mother.

You may notice:

- ☐ Feeling like two versions of yourself
(the old you & the new you)
- ☐ Grieving parts of your old freedom
- ☐ Questioning who you are now
- ☐ Wanting space... and feeling guilty for it
- ☐ Feeling deeply powerful and deeply uncertain at the same time

This is not you “doing it wrong.”
This is transformation.



Emotional Waves in the First 6 Weeks

Your hormones shift dramatically after birth.
Sleep deprivation amplifies everything.

You might experience:

- ☐ Tears for no clear reason
- ☐ Sudden rage or irritability
- ☐ Anxiety at night
- ☐ Feeling touched-out or overwhelmed
- ☐ Moments of intense love followed by doubt

Emotional waves are normal.
Isolation is not.



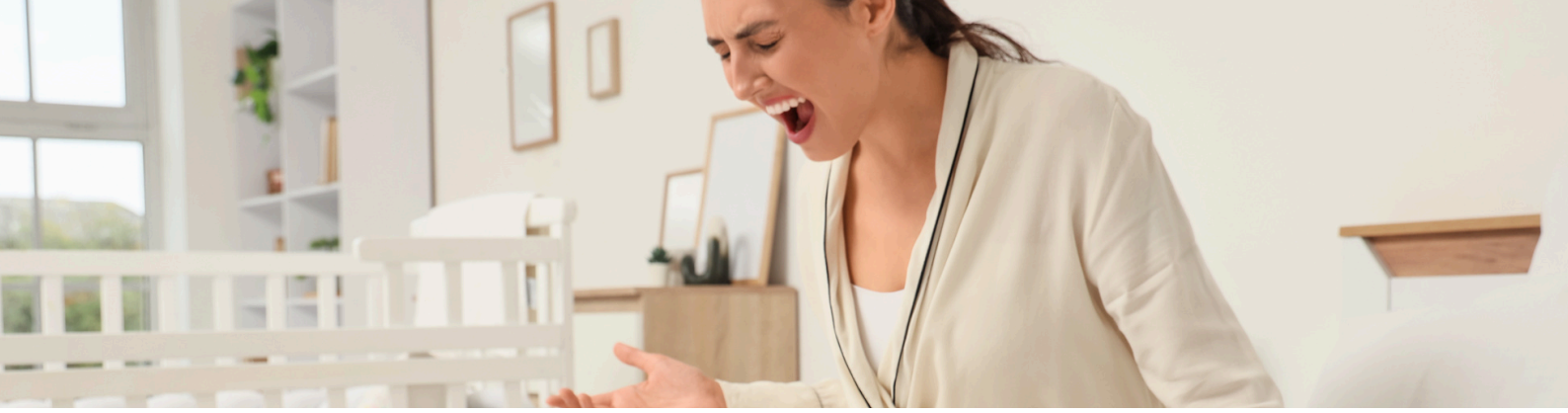
Relationship Realities

Even strong partnerships feel strain.

You may notice:

- ☐ Resentment building silently
- ☐ Scorekeeping (“I did more today...”)
- ☐ Feeling unseen or unsupported
- ☐ Less intimacy than expected
- ☐ Different parenting instincts clashing

This isn't failure.
It's a recalibration.



Nervous System Signs of Overwhelm

Your body keeps score.

Watch for:

- ☐ Shallow breathing
- ☐ Napping more than usual
- ☐ Feeling wired but exhausted
- ☐ Trouble sleeping even when baby sleeps
- ☐ Wanting to withdraw or shut down

These are not personality flaws.
They are stress signals.
And they are workable.

Questions to Ask Before Birth

THESE CONVERSATIONS MATTER MORE
THAN YOUR BIRTH PLAYLIST:

1. Who will emotionally support me?

2. What does rest realistically look like in our home?

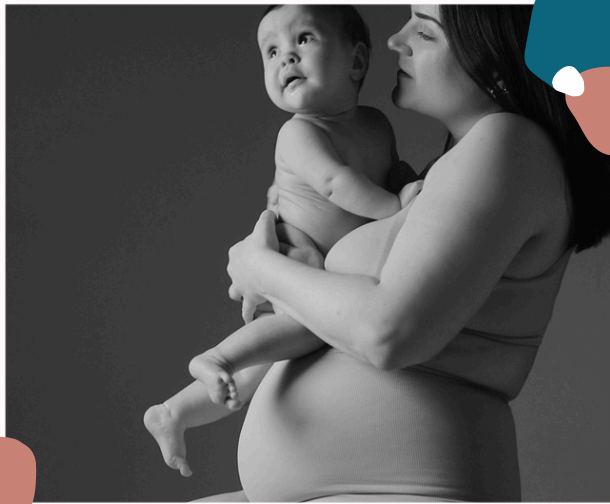
3. How will we handle night shifts?

4. Who can I call if I feel overwhelmed?

5. What expectations am I secretly carrying about myself?

6. What would support look like...
practically and emotionally?

Preparation reduces shame.
Support reduces suffering.



Final Truth

Postpartum is not just recovery.
It is a season of becoming.
You don't need to do it perfectly.
You need to feel supported.

Postpartum also doesn't have to feel lonely.
If you're wanting deeper support as you prepare for birth and beyond, I offer:

- 1:1 nervous system & matrescence sessions
- Gentle breathwork for new mothers

You're welcome to book a complimentary 20-minute clarity call to explore what support could look like for you.

[BOOK CLARITY CALL HERE](#)

You don't have to navigate becoming alone.

Welcome to your motherhood journey!

Blossoming Vibes,



Grace Leeming

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support@theblossomingcollective.com