



Changing How We View Postpartum

1. Not everybody feels an automatic flood of loving emotion and bonding after birth. Some people have had a negative or traumatic birthing experience which leaves them in a state of processing post birth rather than overwhelming adoration. In addition, many people fall in love with their babies in slower or different ways. You are allowed to get to know your baby at your own pace and should feel no shame for that.

2. Not asking for help is selfish. That's right, I said it - your family needs and depends on you and your partner to be healthy and happy. You both cannot pour from an empty cup. Not taking help offered, and not reaching out for help when you know you need it, takes away your energy stores needed to provide adequate care for your family. Your family does not need a perfect parent, but it needs a nourished one.

3. Baby blues go away. If they don't it is bigger than that it is normal for a birthing parent to experience an intense fluctuation of emotion as their hormones stabilize after delivery. This can cause some general weepiness, irritation, anxiety and other unpleasant feelings for around 2 weeks. If these feelings last longer than two weeks, talk to someone—your provider, doula, partner or counselor if you have one. Do not let anyone minimize your feelings. If it feels abnormal it probably is, and the sooner you talk about it the better.

4. Breast/chest feeding can be hard, and sometimes uncomfortable. Just because something is natural does not mean it is controllable, easy or simple. As with birth and parenting alike, discomfort comes with these big life experiences. Breast/chest feeding is the same, it is not always pain free, it is not always easy for you or baby, you are both learning to do something for the first time, while healing and navigating a new life. The best way to prepare yourself is to educate yourself and your partner, and visit an in person lactation group or meet with an IBCLC.