

5 STEPS TO CREATING YOUR *Postnatal Dream Team*

01

Get to Know Yourself

Understand what makes you tick, how you communicate and why you value certain things over others.

02

Personal Values

Figure out the things that you spend the most time on, do they align with the things that you love to do?

03

Reduce Overwhelm

Take charge of your schedule NOW. Your time is precious, this process will help you protect it.

04

Schedule Your Troops

You know the things that matter most, now it's time to accept help and schedule it in.

05

Postnatal Vitality

YES! You have set yourself up for postnatal success and the result is VITALITY!



01

GET TO KNOW YOURSELF

The first step in creating your Postnatal Dream Team is to take a personality test or love language test! It may sound a bit hippy-dippy, but there are real benefits to learning more about how you communicate.

Personality tests & love language tests reveal aspects of your character and psychological makeup and are used for self-reflection and understanding of what makes you tick.

The value in knowing what makes you tick before baby comes is in learning how you communicate best, understanding why things are important to you and getting a grasp on your perception and judgement of things vs. your partners, family & friends perceptions of things.

Self-Reflection becomes very important when we look at postnatal mood disorders. Knowing and understanding yourself and having your partner involved in the process will not only help you to recognize red flags, but will help you to build a postnatal care strategy which will minimize your risk of suffering a postnatal mood disorder.

TAKE ACTION

<https://www.5lovelanguages.com/quizzes/>

<https://www.enneagraminstitute.com/>



A BABY WILL MAKE LOVE STRONGER, DAYS SHORTER, NIGHTS LONGER, BANKROLL SMALLER, HOME HAPPIER, CLOTHES SHABBIER, THE PAST FORGOTTEN, THE FUTURE WORTH LIVING FOR.

Unknown

02

PERSONAL VALUES

Determine what needs you feel should be met within those first 40 days by your support team in order for you to feel the least amount of stress, anxiety or overwhelm.

This will vary for everyone, as you just learned in step one, we all have our own unique characteristics that ultimately play a role in how and what we value and the things that we consider to be important.

It could be cooking, it could be cleaning. It could also be some quiet time to read or take a bath - maybe catch up on sleep!

TAKE ACTION

Make a list of your first 40-day needs.

03

REDUCE OVERWHELM

Reduce overwhelm by taking charge of your time & schedule NOW.

You can do this by making a list of your personal values and then brainstorming what you spend your time on. Do they align?

If they don't then you have a bit of reflecting to do!

After baby arrives time becomes more precious, especially your personal time. Once you know the things that are really important to you, you can start eliminating time wasting activities and obligatory commitments.

You don't have to do everything that you did before. In fact, you shouldn't. Get rid of the energy sucking time wasters and begin to source out help by means of family, friends, community and services to help you with the things that you value.

TAKE ACTION

Make a list of those "time wasters" and be okay with them not being a priority for now and then add a friend/family name beside each need identified in step 2.

To all mothers in every circumstance, including those who struggle, I say "Be peaceful. Believe in God and yourself. You are doing better than you think you are."

Jeffrey R. Holland

04

SCHEDULE THE TROOPS

It can be tough for a new parent to accept help. As willing and prepared as your partner is to step up to the plate and actively participate, they are going to need support too. Who do you know that can help & support you in your 4th trimester (e.g. services & practitioners)?

This is increasingly important since new parents have become more isolated and less supported with more societal pressure to be able to "do it all". For example, postpartum "baby blues" is experienced by 40-85% of birthing parents, postpartum depression and anxiety occurs in around 10-20% of new parents and in rare cases, postpartum psychosis can occur in around 0.2% of new moms.

Set yourself up with an amazing support team (e.g., your doula) so that you can focus on your recovery and on bonding with your baby. A doula can support you and your family by:

- Supporting you directly after labour.
- Offer a listening ear or shoulder to cry on.
- Providing sources of information.
- Preparing nutritious snacks and meals.
- Nurturing other children.
- Providing extra hands with household chores.
- Fostering independence for the whole family.
- Offering feeding support.
- Providing guidance with infant care.
- Providing relief support so you can relax/shower.
- Offering special care for multiples, preemies, and surgeries as well as benefits for adoptive parents, same sex parents, teen parents, etc.

TAKE ACTION

Schedule in your doula.

05

POSTNATAL VITALITY

The result of setting up your Postnatal Dream Team is POSTNATAL VITALITY!

You've given yourself the gift of TIME to recover and to replenish your resources. You gave yourself permission to take some of that time for your physical, mental, spiritual and emotional health too!

You LOVED yourself. Great start, friend!

No parent should "suffer" once baby arrives and you have taken massive steps to create a supportive and restorative environment for yourself.

Congratulations!

**TAKE
ACTION**

Treat yourself to a little something special for completing this plan!

YOUR NOTES

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