

YOUR *Anointed* POSTPARTUM

Birthing with the Wisdom of The Creator and Kindred Mothers



A POSTPARTUM VISION JOURNAL

Rooted in Eden Private Contract Association

HONORING THE POSTPARTUM

- Rest, skin to skin with your baby.
- Nourish with warm easily digestible foods and herbal teas
- Daily breath work is your first "exercise." Restoring diaphragmatic breathing is vital to your core and pelvic floor. You can do this in any position but start on your back with, knees bent. Relax and allow your diaphragm to move down toward your pelvic floor. As you inhale, fill your "three chambers" chest, belly and sides. You should feel that breath filling your abdomen 360°. Placing one hand on the chest and one on the belly, can you isolate your breath so that your chest doesn't rise but your belly does? Can you expand your belly, sides, and back with your breath?
- Move your lymph system through touch (body pats, dry brushing, castor oil or sesame oil belly massages)



These are the main focuses for the first 4-6 weeks of postpartum. This prepares your core and pelvic floor for recovery, allowing your uterus to heal and contract, your organs to settle back into place, and your muscles to rest and restore. It's also gentle reset for your hormonal system. This will set you up for life long health and wellness and assist in prevention of various issues from PPD to prolapse. A lack of restorative postpartum is accumulating a debt to be paid in menopause. **My ideal rest recommendation is 2 weeks in the bed, 2 weeks begin moving slowly around the bed and 2 weeks around the house with still a huge focus on lying in.** If that's too much I offer the alternative of 5 days in the bed, 5 days around the bed, 5 days around the house. On your postpartum plan worksheet (p8) you will find a place to make a promise to yourself on how much you will rest at each stage.

I encourage you to do incorporate various healing modalities such as vaginal steaming and herbal baths, as well as seek holistic body care, such as chiropractic, massage and pelvic floor therapy. (In home is ideal if you can get a provider to come to you) The first real activity outside of the items I listed above would be slow 20-30 minute baby wearing walks. Then pay attention to how you feel in the following 24 hours. Did bleeding increase? Did you feel fatigued? Experience emotional unrest, grief, irritation, anxiety, or the need to just release with tears? If yes to any of those give yourself a few more days of rest.

As you slowly begin activity, use your bleeding as a gauge for whether you are doing too much too soon. Pay attention to your fatigue level and tune into how your body is feeling over all. Honor your body for the incredible work of growing and birthing a human being and the transformation it's made.

“It is a season of returning and introspection.
It is a season of finality and yet also the quiet preparation for a
completely new beginning.

-Lauren Hall

Often our culture looks at postpartum as a specific period of time. Something to maybe rest a bit and bounce into a new season for your family. Is it 6 weeks, 6 months, 1 year?

To me, I think it's forever. Postpartum literally means after childbirth. We are forever postpartum. There is no going back to before this transformative event.

WE ARE FOREVER CHANGED; EXPANDED; REMADE; MAIDEN TO MOTHER.

We don't lose who we were before pregnancy and birth, our identity is forever woven into the fabric of our being as daughter of the King; However, we do grow in all the ways, physically, emotionally and spiritually.

and it's a beautiful thing, postpartum.

And as with any growth the beginning of this postpartum is fresh and raw and tender. It is an internal winter. Some have a longer winter, some shorter, some it feels more harsh while others a fresh bright white rest and replenish. As a new spring dawns, its not that you've gone back to before winter, you've gone forward into a new spring, a new season with all of the lessons and growth. It's a cycle but it's a spiral moving cycle, outward and forward. Forever postpartum.

As I said I believe it is an internal winter. The fertile woman's body goes into a state of rest and reset.

Few people enjoy the cold and dark reset that is winter. Few see the beauty and medicine of rest and reset available in the winter season.

It is the same for your postpartum. It is a place of waning; Hormone levels take a sharp decline. It can be a season of mourning as the womb empties. A subtle grief. With the birth of your child and this beautiful new season, there is still an end of the season prior.

A transformation of what your family was before this child.

The end of the pregnancy that was the honor of holding your child all to yourself, now having to share this child with your family and soon enough with the world.

It's just like the winter the earth goes through each year, a death and rebirth.

It is a season of returning and introspection.

It is a season of finality and yet also the quiet preparation for a completely new beginning.

You are open and vulnerable in this time.

In this fresh postpartum season, much like one can picture a perfect winters night curled up by a warm crackling fire with a warm cup of nourishing tea and a bowl of soup, by company that you love and feel safe with, so one should seek rest and refuge in warm place with warming nourishment for our body and soul.

It is a time we can truly allow the Lord to cultivate the fruit of gentleness and peace. To behold, as He does a new thing.



Some practicals to align with this perspective around postpartum:

Consume warm, easily digestible, deeply nourishing foods.

As you clear your calendar and responsibilities to rest and recover in bed with your newborn, also remember that mental load can be just as heavy as physical ones.

Don't schedule any big decision or deadlines for this time.

Allow yourself to feel all the things, from joy to grief. It's normal. Just don't let those feelings lie to you. Cry if you need to cry. Talk if you need to talk. Laugh when you need to laugh. Share ALL of your story with a trusted ear.



Approach the stillness with an open heart. Anything that feels too burdensome, heavy or requires effort – say no.



Being open even more so to the Lord speaking to you. A woman's intuition and spirit is heightened at this point. Pay attention to the still small voice of Holy Spirit. Journal. Record your dreams and musings. Let the Lord bring healing to your soul and give you wisdom and revelation of the coming season.

Mediate on Him and His Word and anything he has given you about this new little one and this new season for your family.

2/2/2 POSTPARTUM

THE FIRST 42 DAYS

2 weeks in the bed

STAY ON BEDREST AND LIMIT SITTING UP TO PREVENT PRESSURE ON YOUR PELVIC FLOOR. STAY SKIN TO SKIN WITH BABY.

SLEEP, NOURISH, NURSE, BATHE/SHOWER

SURROUND YOUR SELF WITH WARMTH. WARM ROOM IN WITH COZY BLANKETS, SOCKS AND ROBE. WARM FOOD AND DRINK, WARM PEOPLE.

IF YOU HAVE A TEAR, KEEP YOUR KNEES TOGETHER FOR 5 DAYS.

DAY 1

CHERISH QUIET SOLITUDE
WITH YOUR NEWBORN
ENJOY AN HERBAL BATH
USE RESTROOM WITH
ASSISTANCE

DAY 2 -3

HAVE YOU WRITTEN YOUR
BIRTH STORY?
BEGIN BREATH WORK

DAY 4

VAGINAL STEAMING
AND BODY PATTING TO
BEGIN TO RESET

DAY 5-14

MORE OF THE SAME. BREATH WORK, STEAMS, PATTING, ADDING IN DRY
BRUSHING AND BELLY MASSAGES. BOND WITH YOUR BABY REVEAL IN
THIS SLOW IS FAST RESET AND RECOVERY TIME

2 week around the bed

DON'T LIFT ANYTHING HEAVIER THAN BABY. SLEEP WHEN BABY SLEEPS

NURSE JOURNAL NAP AND READ

IT WILL BE TEMPTING TO OVER DO IT BECAUSE YOU FEEL GREAT. YOU ARE STILL
RECOVERING..

2 weeks around the house

PROGRESS GRADUALLY AND
LISTEN TO YOUR BODY

Rest! ...BUT WHAT WILL I DO???

Think about the things you always say you want to do when you have time.

...your reading list.

...the book you want to write.

...the art/craft you want to create.

...the movie, show, documentary you want to watch.

...the course you want to take.

....the thing you want to research or learn more about.

We all have those lists. Have you always wanted to learn to crochet but never sat down to learn? Have you been wanting to take a deep dive to study our a parenting or homeschooling theory or research an injustice you care about?

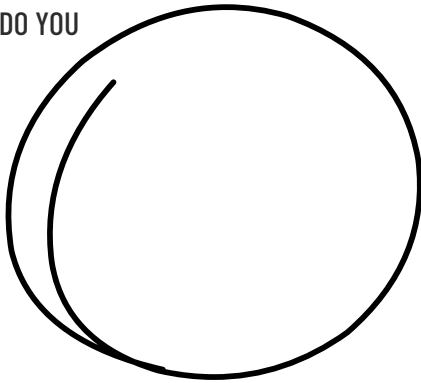
Use this time to snuggle your baby and dream and grow you soul and spirit, while your body rests from the hard work its done of growing and birthing a baby.



POSTPARTUM DREAM BOARD

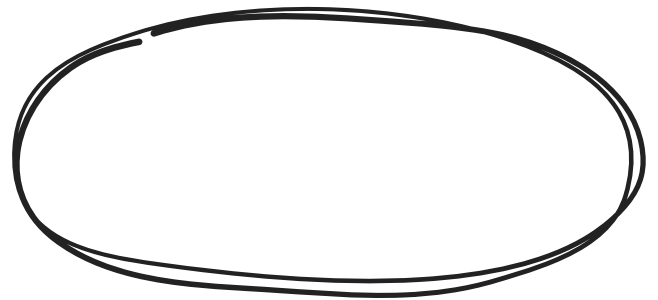
Just as you did for your birth, boil down your desires and vision for creating a healing postpartum SANCTUARY. Write your answers, doodle, even decorate this or simply use it as a jump off point to create an entire mood board separate from this page..

WHAT FEELINGS DO YOU
WANT TO FEEL?



WHO DO YOU ENVISION BEING ALLOWED IN YOUR
SPACE TO VISIT/HELP?

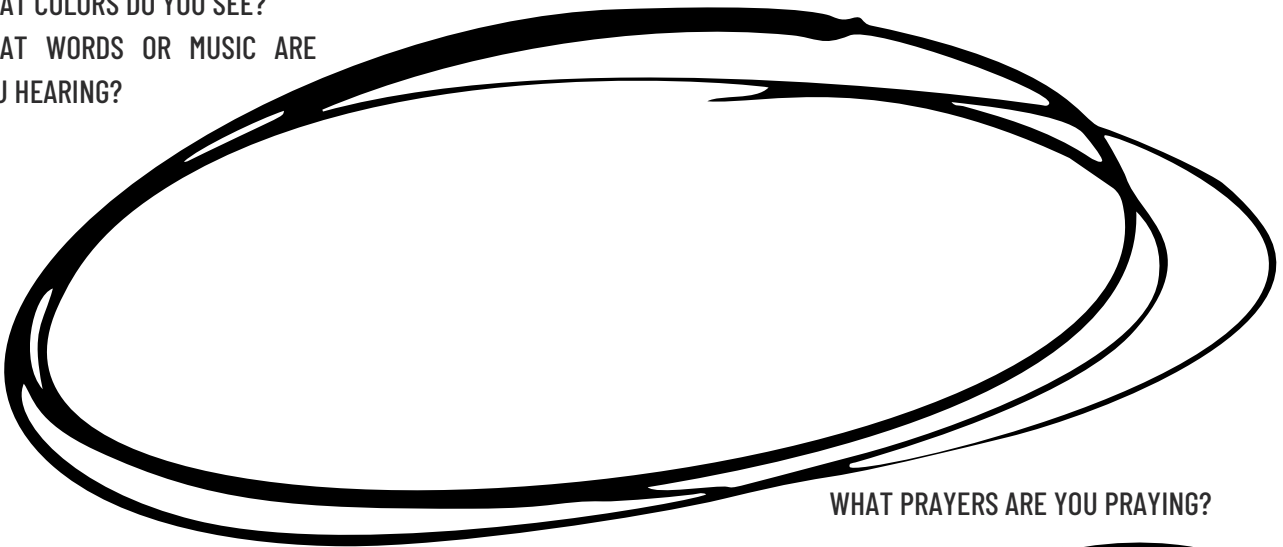
INITIALLY, 2 DAYS, 1ST WEEK, 2ND WEEK
(THIS IS A GUILT FREE QUESTION)



WHAT TONE IS SET IN
YOUR RESTING SPACE?

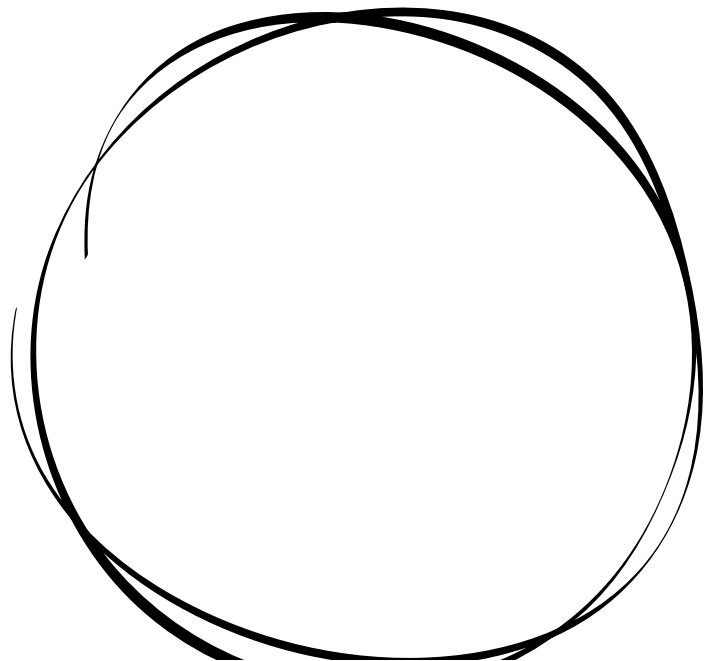
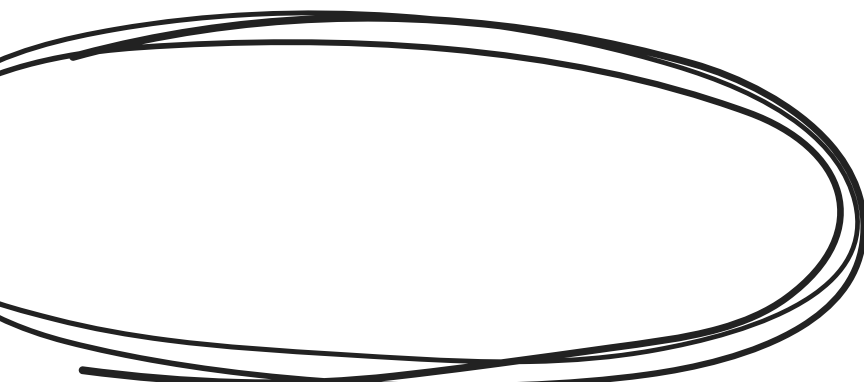
WHAT COLORS DO YOU SEE?

WHAT WORDS OR MUSIC ARE
YOU HEARING?



WHAT PRAYERS ARE YOU PRAYING?

ARE THERE SPECIFIC COMFORT, DECOR, OR
PRACTICAL ITEMS YOU SEE AROUND YOU?



MY POSTPARTUM PLAN

A promise to myself:

I will stay in bed for _____

I will stay around the bed for _____

I will stay in the house for _____

My WHY for resting:

MY SUPPORT (CONTACT INFO)

Midwife _____

Doula _____

LC _____

Chiro/Body Worker _____

Friends who will help or just sit with me

REPLENISHING FOODS

Freezer/Prepared Meals

Favorite snacks and drinks to have on hand

Shopper _____

Meal Train Coordinator

RECOVERY MODALITIES TO LEARN & TRY

- Yoni Steam
- Breath Work
- Castor oil Ab Massage
- Patting & Dry Brushing

What I Will Do

BOOKS:

PODCASTS/AUDIOBOOKS:

MOVIES/SHOWS:

HANDCRAFTS:

JOURNAL/WRITINGS:

Comfort Measures

SOFT SHEETS (2 SETS)

NURSING PADS

WATER BOTTLE WITH STRAW

HOMEOPATHIC KIT

HERBAL PREPARATIONS

NURSING BRA/TANKS

COMFY ROBE

COMFY PJS/LEGGINGS

COMFY UNDERWEAR

Cultivating your PostPartum Vision

What PREPARATORY actions, items obtained, & conversations need to be had to ACHIEVE what you've envisioned? Use this page to record these things. You may even include topics you want to learn more about.