

Tips For Improving Postpartum Sadness

Get Rest

As much & as often as possible. Snuggling & skin to skin helps with bonding!

Get Out

Help fight sadness with natural vit. D from the sun. Get out a couple times each day!

Me Time

Take it everyday 20-30 mins. A happier, healthier you= happier, healthier family!

Be Proactive with Support

Prepare now for the life you want when baby arrives. Placenta encapsulation is all-natural and a postpartum doula will benefit the entire family unit!

Shower

Shower daily, even if you are going right back to bed!

Find Your Path

Advice- Take what you want leave the rest!
Trust yourself,
YOU ARE ENOUGH!

Deep Breathes

Your baby senses your energy. Be calm, do the best you can, take deep breathes, repeat!