

Eating Well after having a Baby

Self care

After having a baby is it normal to look and feel different. Every body changes in different ways.

The most important thing is to look after yourself and your baby.

Rest when you need to rest, and take some time-out when you can.

You have just created another human being and that is amazing. Be gentle with yourself and proud of what you have done.

Eat well

One of the best ways you can take care of yourself is by eating well. Try to:

- Eat a wide variety of foods each day. Include vegetables, fruit, lean meats, fish, eggs and beans, grain (cereal) foods, milk, yoghurt and cheese.
- Make water your main drink.
- Listen to your body's hunger and fullness signs.

If you are breastfeeding, your body is also making food for your baby.

Eating and drinking well helps breast milk supply.

Some ideas to make it easier

Many new parents find it harder to eat well when there is a new baby in the house. If this is you, here are some suggestions:

- Plan meals and shopping trips ahead.
- Make extra and freeze leftovers for another time.
- Keep some quick and easy meal ingredients in your cupboard and refrigerator, for example bread, cheese, frozen vegetables, eggs and baked beans.
- If people offer to help, ask them to cook you a meal.

Getting active after having a baby

Being physically active after pregnancy is also something you can do to look after yourself. Physical activity can boost your energy levels, help you manage stress, and make you feel good.

- Start with an easy activity like going for a pram walk with your baby.
- Ask your child health nurse or doctor for pelvic floor and core exercise information.
- Do stretch and strengthen core exercises while playing with your baby on the floor.

- Choose activities you enjoy, these may be walking, swimming, yoga, bike riding or active tasks like gardening.
- Borrow or download gentle exercise or yoga videos and try to exercise at home.

Exercising for short periods of time is good.

Talk to your doctor before doing higher intensity exercise like running and high-impact exercise classes.

Want to know more

Ask your GP or child health nurse.