Postpartum Care: Caring for Baby & Yourself

The postpartum period is overwhelming for new moms in Pakistan, balancing baby care and recovery. Here's how to care for both.

Why It Matters

Postpartum care supports physical and emotional recovery while ensuring your baby thrives. In Pakistan, family support is key, but self-care is equally important.

Caring for Baby

- **Feeding**: Breastfeed or bottle-feed on demand (8–12 times daily).
- **Sleep**: Follow safe sleep practices (firm cot, back sleeping).
- **Hygiene**: Bathe 2–3 times weekly with lukewarm water; clean diaper area frequently.
- **Bonding**: Skin-to-skin contact and talking soothe baby.

Caring for Yourself

1. Physical Recovery

- **Rest**: Nap when baby sleeps, even if family chores beckon.
- **Nutrition**: Eat protein-rich foods like daal, chicken, and eggs. Drink water or zeera tea.
- **Hygiene**: Shower daily; use pads for postpartum bleeding.
- **Exercise**: Start gentle walks after 6 weeks (consult your doctor).

2. Emotional Well-Being

- **Baby blues**: Mood swings are normal for 2 weeks. Talk to family or friends.
- **Postpartum depression**: Persistent sadness needs professional help (e.g., Ziauddin Hospital).

3. Accept Help

Let family cook, clean, or watch baby. In Pakistan, grandparents often step in—lean on them.

Pakistani Tips

- **Cultural practices**: Enjoy panjiri or gond laddoos for energy, but avoid overeating sweets.
- **40-day rest**: Follow chilla traditions, but ensure light movement to prevent stiffness.

- **Community**: Join local mom groups (e.g., on WhatsApp) for support.

Challenges

- **Overwhelm**: Delegate tasks to avoid burnout.
- **Family pressure**: Politely set boundaries if advice feels intrusive.
- **Stitches or C-section**: Follow doctor's care instructions.

When to Seek Help

See a doctor for heavy bleeding, fever, or severe mood changes.

Final Thoughts

Postpartum is a time to heal and bond. Prioritize yourself to be the best mom you can be.

Disclaimer: Consult healthcare professionals for medical concerns.