

**MOTHER
FIT**

MIND BODY SOUL

Where to get help after birth

MOTHER FIT RESOURCE



Knowing What Kind of Help You Need

Finding the right support can be tricky, but remember that the help isn't just for you—it's for you, baby and your family.

Not enough help can lead to stress and sleep deprivation, making breastfeeding difficult, and hurting your physical and mental well-being.

A weak support system can lead to isolation and can contribute to postpartum stress.

Getting Help From Your Partner

Your partner. Of course your partner wants to help, but they might not know how or when. Have a conversation with your other half about what you hope they can help with once you get home.

Maybe you decide to handle all the overnight feedings if your teammate pulls night shift diaper duty. Hydration is key when nursing, so asking that your partner to make sure you always have a glass of water handy is super helpful. Whatever is most important to you – make sure your partner knows, so they can feel useful and you can feel taken care of.



Parents and In-Laws

Here's where you can ask for those big-ticket items. Would you like your mum to come stay for a few weeks after you bring your tiny one home? Ask if that's something she is able to do. Are your in-laws bummed they're on the other side of the country?

Let them know they could be huge helpers by hiring a cleaning company to come by every few weeks. Don't be afraid to let your parents know what you'd love to count on them for, and have your partner ask their parents if you feel uncomfortable.

Siblings, best friends.

These are the people who will be around a lot in the weeks and months after your baby is born. Let them know ahead of time you will likely be asking for help with some household chores.

Here's a great tip I stole from a friend: print out a list of tasks you anticipate needing help with (watering plants, unloading dishwasher, taking the dog on a walk) and hang it on the fridge. Let everyone who comes over know where the list is – you'll be surprised how many items get checked off!

Source: <https://www.mother.ly/life/5-ways-to-ask-for-help-postpartum/>

