



Recovering From Childbirth



Overview

After you give birth, it's normal to focus your energy on your new baby. But it's important to remember your own needs, too. Here are some tips to help you in the days after childbirth.

Get rest

First, you need to make rest a priority. So try to nap whenever your baby is sleeping. Ask for help with things like cooking, cleaning, laundry and caring for the baby. Set aside things that can wait. And don't feel guilty about limiting the number of people who come to visit in the days after the birth. You need some time to recover.

Back to normal

Next, know that your body will need time to get back to normal. You lose weight when you give birth. You will likely continue to lose pregnancy weight during the coming months. Don't try to lose weight quickly. Make healthy and well-balanced food choices. Never start a diet or exercise plan without talking to your doctor. And follow your doctor's advice about resuming things like physical activity and sex.

Mental health

And finally, know that it's normal to have feelings like sadness and anxiety after childbirth. These tend to go away as you adjust to life with your baby. But some women have deep sadness even weeks after giving birth. We call this "postpartum depression." It's a serious problem that makes it hard for you to care for yourself and your baby. So if you are struggling with your emotions, speak out. Tell your doctor so you can get the care you need.