

PARTNER POSTPARTUM SUPPORT GUIDE

INTRODUCTION

In the first few weeks and months after birth, you can start building a loving, reliable and responsive relationship with your baby. Your relationship with your baby shapes your baby's development, learning and wellbeing, now and in the future.

For example, through their relationship with you, your baby learns vital information about their world. Your baby learns that the world is safe and secure, that they're loved, that you respond when they cry or laugh, and much more.

Your baby also learns a lot about the world by seeing your relationships and behaviour with other people, especially your relationship with your partner, if you have one.

Here are tips for building your relationship with your baby and nurturing your relationship with your partner in the early days of parenthood.



YOUR GO TO

TOP 10 SURVIVAL TIPS

1. MOBILE PHONE

- Stay off this during labour and ensure you stick to your agreed “Messaging announcement timeframe”.

2. STAY CALM, NUTURING, ATTENTIVE & RESPONSIVE

- Once baby is born, its important to have a special bonding time with mum and baby. When mum is ready to shower, help her.

3. CARE FOR THE MOTHER - MINIMUM OF 4-6 WEEKS

- Once home mums sole job should be to care for the baby (with your help) and her basic hygiene needs. Things such as cooking, cleaning, general tasks need to be delegated and outsourced. Refer to workload checklist.
- Do “silent chores” - things you dont need to be asked to do.

4. BE AWARE OF DAY 3-5 - HORMONAL SHIFT

- In this time mum’s milk will come in. There is a huge hormonal shift and she may be crying, angry, anxious, irritable, irrational. This is all “normal”. It generally passes within 24hours. *Tip: Run her a nice hot bath with candles, take the baby and tell her you love her.*



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5. ADVOCATING DOESN'T STOP IN HOSPITAL

- Advocating for her in hospital does stop there. Its not time to throw the gloves in. You will need to advocate for your woman in once home. If she is tired, phone the visitors and let them know “not today”.

6. DONT EVER SAY YOUR TIRED..... THAT WILL GET YOU KILLED!

- Time your sleep when baby is sleeping if you need to rest. Organise a sleep schedule with mum. Ie, when is the best time for you to catch up on sleep. Talk about what will work.

7. EMOTIONAL SUPPORT

- Occassionally sit with her during a night feed and massage her feet, shoulders.
- Bring her a warm drink or water bottle
- Offer to bring her snacks, lunch
- Acknowledge she is doing it tough
- Listen to hear, not to fix

8. UNDERSTAND YOUR BABY'S ROUTINE

- This way you are available to hold baby between feeds and have skin to skin contact.
- Prepare bottles if required, sterilise equipment ready
- Learn the baby cues for tired, hungry, nappy changing

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9. SELF CARE!

- Look after yourself! Find the time to fill your cup.

10. EXTRA NUGGETS OF WISDOM

- Know you will be doing multiple trips to buy pads. Get comfy with this!
- Give her time to heal - intimacy is important and usually resumes after 6 weeks (if she isn't tired!) and shes had the all clear from the doctor. Be patient!