

Action Plan:

Taking care of you

Caring for yourself after having a baby means taking care of your body. That means eating nutritious foods, drinking water, and being as physically active as your body allows while it heals.

Nutrition

Make sure half of your plate is filled with **vegetables and fruits**.

Half of your grains should be **whole grains**.

When choosing dairy products look for ones that are **low-fat and fat-free**.

Take a moment to sketch out three meals you can turn to once you are home with your baby. Including at least 3 food groups in each meal helps ensure you are eating a variety of foods and nutrients.

Meal 1	Meal 2	Meal 3
Vegetable:	Vegetable:	Vegetable:
Fruit:	Fruit:	Fruit:
Whole Grain:	Whole Grain:	Whole Grain:
Dairy:	Dairy:	Dairy:
Protein:	Protein:	Protein:

Physical activity

When being physically active after giving birth, remember to:

- 1) Get doctor's approval before starting
- 2) Start small
- 3) Listen to your body
- 4) Do an activity you enjoy

Take a moment to brainstorm a list of activities you enjoy for each period of your recovery. These can be tasks such as getting the mail, household chores, or short walks. Begin with easier activities and work your way up to bigger ones:

First 3 weeks

(Example: Folding laundry, stretching, walking to mailbox)

Second 3 weeks

(Example: Use my babywearing wrap to vacuum the house with my baby)

After 6 week checkup

(Example: Yoga, longer walks)

Consult with your doctor:

- Before beginning an exercise routine that is more intense than short walks and light stretching
- About what vitamins you should be taking after your baby is born