

13 Game-Changing Tips *to empower your postpartum journey*



Created by Martina Figoli, founder of [MaterLand](#)

MATERLAND

HOME COMING IN THE
MOTHERHOOD EXPERIENCE



1- Maternity leave

Allow your body to rest before & after

2- Visitors policy

Prepare a note for your front door

3- Delegate house chores

Let the word 'doing' outside your vocabulary and embrace the deliciousness of 'just being'

4- Set up a meal train

"Ask for help not because you're weak, but because you want to remain strong." Leslie "Les" Brown

5- Self Care Ritual

Thrive instead of just surviving

6- Second child support

'It takes a village to raise a child'

7- Protect the sacred blissful space

Baby's Aura on the first two weeks is soo open and fragile





8- Bodywork

Both for you and your baby

9- Get ready for hours of breastfeeding (or bottle)

Baby gazing yes but ...

10- Take turn in breastfeeding your baby

Take it or leave it but in the long run could be a precious gift to yourself

11- Don't undervalue a good latch from day 1

A lactation consultant is paramount

12- Movement - Stillness practice

Don't be in a rush in wanting to do or come back to your previous movement routine

13- Sitz bath, yoni steaming & perineal scar massage

Nourish and heal heal your body slowly



Intro

the whole picture

If you ask any caregiver on the field would tell you that as newbie mums we tend to focus so much on the birth, learning everything possible to be top level prepared that we end up forgetting that once the baby is out it starts the REAL JOURNEY!

Believe me, if I tell you that you really want to plan in advance this first period and not just for practical matters but also because you really want to ENJOY rather than survive, the first few months that your baby is on earth. This time will not come back and even if you may have the impression that once you're in the midst of it, this period seems to never end and you've lost completely your identity and your freedom, I promise you that this is just a small season of your life. You won't even realise how quickly your tiny baby will grow and how fast the time has past!

So, my beautiful mama, you aim to THRIVE during this challenging yet blissful time that in short is the first 40 days but that ideally covers at least the 4th Trimester!

Why are this first 40 days so important? Here's for you a bit of background on why ancients cultures considered over millennial thi period so sacred and vital for the mumma

The Chinese "calls this period *zuo yuezi* often referred as 'the getaway', a confinement period for the new mum where at their core lies universal wisdom about overexertion and constant sleep deprivation", with the aim of having a mother emerging more beautiful and rejuvenated than before.

In many parts of Latin America the confinement is known as '*cuarentena*', literally 'quarantine' where the extended family and friends take on all domestic duties in order to safeguard from exhaustion, sleep deprivation or catching illnesses due to stress and overdoing. They would help preparing meals, giving the mama a break holding the baby while she rests.

In India, the new mother traditionally returns to the family of origins at the care of her mother. In ayurveda tradition an excess of vata constitution after child birth is healed with warm, nourishing meals and practices aimed to replenish the emptiness after the baby has left the womb. Herbal teas and ghee are used for calming nerves and deep restful massages to soothe the excess wind in the body.

Also in Korea there is this tradition called *samchilil*, twenty-one days of snuggle, warmth and a well nourished mama is a must for her to regain the energies lost during the birth. .



Take time to reflect

journaling prompts

This is a time to retreat, rest, recalibrate your energies and really soak in the bliss of the moment, a lot of skin contact with your baby (not just you but also your partner) because it's here that you get to bond and create a connection with your little one.

In saying this, a few journaling prompts that will help you brainstorm how to best face this time according to your unique necessities

How would I best feel supported during this time?

What does rest mean to me?

What are some of the love ritual that fills you up you don't want to renounce?

What's your favorite comfort food?

What do I like to read?

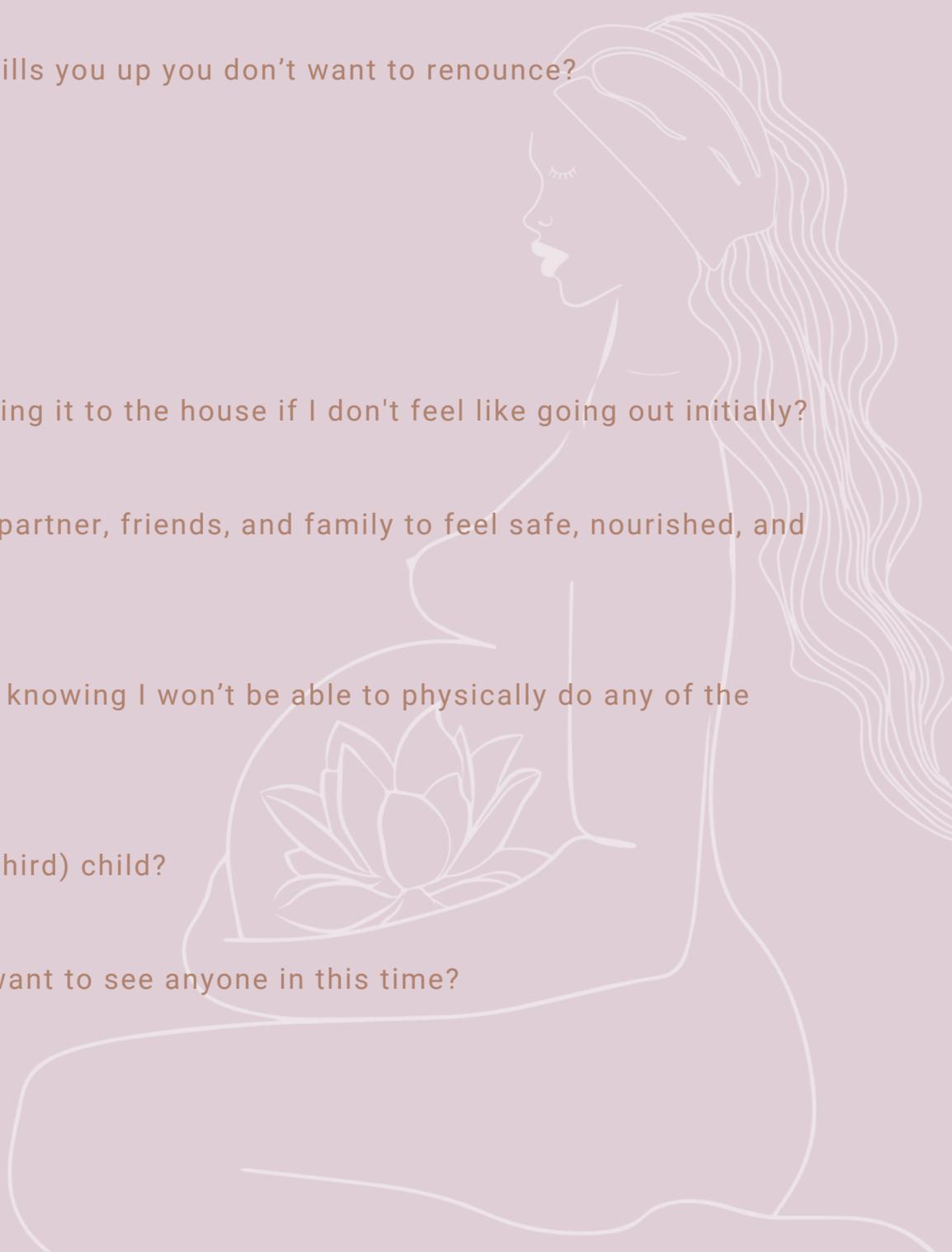
What is beauty for me and how do I bring it to the house if I don't feel like going out initially?

How do I want to be supported by my partner, friends, and family to feel safe, nourished, and taken care.

How would I like my home to look like knowing I won't be able to physically do any of the habitual chores I am used to?

Who's going to help with my second (third) child?

What is my visitor policy? Do I really want to see anyone in this time?





1- Maternity leave

Allow your body to rest before & after

The expectation towards your body to recover fast and be back to the person you used to be prior baby it's just unrealistic, I'm not saying it's not possible, I'm saying that for long-lasting energy and vitality, in the long run, the best you take care at body mind and spirit now, during this season of your life, the more gracefully you will be ageing during the next 10 years.

If you are an independent worker try to set up your business and workflow in a way that at least for the first two to three months you can put on hold important matters or won't be necessary your presence: you really want to refrain from the urge on getting back checking emails and answering clients in this period. A very good option is doing yourself a favour and hiring an all-rounder V.A.. a trustworthy person that can take care of your admin and urgency without you having to be put on your analytic brain back in the game.

If you are a dependent worker, soak in your maternity leave and take advantage of government help by staying at home with your little one for as long as possible...





2- Visitors policy

Prepare a note for your front door

Actually two notes!!

If you have decided to give birth at home, prepare a note to stick on your front door for when you'll be in labor especially, letting people know (couriers, deliveries, neighbours) that you don't want to be disturbed and if necessary leaving your partner's or doula phone number or whomever you designed to be in charge of your analytical brain on that day.

The other note is for visitors after you've given birth. You don't want to find yourself in the position of entertaining when you've just given birth. On the contrary, if you allow someone to enter into your sacred cocoon space, I guess it might be someone you trust and can relax with and have the confidence to ask for some help with some chores or by bringing a nourishing meal. Feel free to state your rules and explain that this first time is for your family to bond and rest and retreat only.

It's a good idea also to have an automatic reply set up on your phone for anyone messaging, as finding yourself staring at a blue light on your phone answering to the multitude of messages you'll receive when you just need to rest, isn't ideal for a mum in need to recover.

A good idea to avoid disappointment and break expectation is giving a heads-up to family and friends before the arrival of a baby, letting them know what are your wishes during the first weeks.



3- Delegate house chores

Let the word 'doing' outside your vocabulary and embrace the deliciousness of 'just being'

What are the must-be chores in your house that you want to have done every single day?

Who can help you with that?

Is it worth hiring a cleaner once or twice a week for the sake of your peace of mind?

Believe me, if finances are not issues you won't think at this twice! And if finances are an issue please don't be ashamed to ask your support web for help!

If you have people visiting ask if they could empty a dishwasher or hang a washing, fold some clothes or even just vacuum the kitchen floor. There is nothing wrong in asking for help, especially in this period, people do want to help and you have all the right and do nothing!

Prior your baby arrival, write a list of chores you consider daily essential and ask your relatives or parents to help you get them done, this goes for grocery shopping, fresh food and veggies at the market some examples.

Remember: before modern culture changed into family-centric, we used to live in tribe and be supported by the women of the village, for this the proverb: 'it takes a village to raise a child'.



4- Set up a meal train

"Ask for help not because you're weak, but because you want to remain strong." Leslie "Les" Brown

There is an amazing website that can do this for you mealtrain.com. You could ask your besties or your doula to take care of this for you. You only need to put your food preferences, dietary requirements, like/dislike and how many meals a day you'd like to be supported with, I promise, this can be a game changer during the immediate 3/4 weeks postpartum. Even if your partner will be home during this time and can possibly take care of this, not having this kind of work load really makes the difference in what kind of presence you can gift your baby.

In case you don't have a big community around you that can support you with this a very good idea is to stock your freezer with some nutritious food in the months before giving birth. A good inspiration can be the book '[The first 40 days](#)' with a lot of insight into what food is recommended according to the millennial traditions of Traditional Chinese medicine and Ayurveda practices.

There are also many new businesses specialised in catering and delivering at your doorstep (check it on our website as well, we have a dedicated space and discounts available set up with the best postpartum deliveries businesses in Australia) delicious nutrition balanced meal just for you and your family, it's worth the investment for your health and the one of your little growing human to be well fed and not having to think about what to eat every single meal.



5- Self Care Ritual

Thrive instead of just surviving

Having a demanding newborn constantly attached to your breast (if you are breastfeeding) or anyway, demanding closeness, can be as beautiful as extremely overwhelming at the beginning.

I've been there my beautiful mama and I know that you have all the right to preserve your sanity and mental health by dedication even just 10 minutes a day (1 hour would be ideal if your support people allows it) for a self-love ritual. It can be just making a cup of your favorite herbal tea and sipping it in silence bathing in the sunlight or having your special skin serum rubbed slowly on your face after a warm shower, or by taking some time alone in nature to recharge your energy field. These precious moments can be so important for your recovery and sanity in the first few months and I know from experience that it is not always possible BUT remember that if your cup is full you can dedicate yourself to your little one on a different level of quality of presence and this is a priceless gift for both of you.





6- Second child support

'It takes a village to raise a child'

If you already have a toddler or an older child it could be a good idea to give a relatives, friend, a doula or a friendly neighbour a heads-up for some help with them.

Your full attention goes on the new entry in the family and you won't realistically have the same time for the first one. You don't want them to feel left on their own too much and feel the shift that the new baby is giving to their life as well.

A postpartum doula can give you real support navigating this, even just for a few hours a day, offering a greater presence to both or more of your child if you had a bit of time for yourself by asking for support for your other children.





7- Protect the sacred blissful space

Baby's Aura on the first two weeks is soo open and fragile

Whether you had a natural vaginal birth or a cesarian birth, whether you had interventions or peaceful home birth, your body went through some major stress and it's imperative to rest and retreat for the first At least 40 days. In the Traditional Chinese medicine, the woman is invited to confinement for the first 60 days and even if it sounds quite hard and harsh has a terminology it is for her own good. The first week just laying on the bed, the second week standing around the bedroom and an armchair in the same room, the third week between the bedroom and the couch, the for week extends to the living area and an internal courtyard and after the 5th week, it's allowed to stick her head out the door for some light walking around the block..in modern society and in the western world, of course, this is for some topical however speaking for experience having followed this confinement strategy has allowed me to really get some deserved rest and special time with my son for bonding and giving him the possibility to adjust to the world himself.

We had a chat with family and friends before the birth and let everyone know we would have liked to stick to a no-visitors policy at least for the first month. After birth, the child's aura is so much open to external stimuli and fragile that everything can be intense, and disruptive for its own formation (cranium head plaques are still very open, the reason why it is recommended to cover his head and be very careful with heads movement and exposure to overstimulation and loud environments).

It seems crazy but it really worked for us and it happened very spontaneously, without even thinking of it, there was no desire of going out in such a state of bliss and share it with none else than the three of us.



8- Bodywork

Both for you and your baby

Massage therapist, acupuncturist, osteopath, chiropractors, they are all professional figures that will help you to thrive in this period. (this is why at [MaterLand](#) we love to support you with a varieties of professional figures that all play a huge role into the mother-wellbeing)

As mentioned above your body has gone through major stress and it's in deep need of love and receiving care.

After all, it took 9 months for your body to make space for the growth of another life and it is now in the process of re-adjusting to his prior shape. Your uterus in the first month postpartum or so will be returning to its pre-baby shape as well as your hips bones and diaphragm will be in the process of returning to their previous asset in the months that will follow. It's not immediate but slowly your body will be returning to a close version of what it was before.

This is why it's crucial to consider having some body work done, it can be a light massage, or it could be a good idea to consult an osteopath or a chiropractor for some manual adjustment, not just for you but also for your baby. We have an article on our blog that explains what kind of work you can expect to form these two professional figures. If it's in your pocket try to get them to your house as it can be a major task organizing to go out in the first month with the baby constantly attached to you. It is also very important to have your baby checked by a specialised neonatal osteopath that can assist your little one on digestive issues, excessive gas, as sometimes our little ones had some trauma during birth or have been in bad positions during the whole gestational period so when they are born they can experience pain in some areas of the body that for example can impede on the right latching. My baby had an injury on the neck and for him latching on the left nipple was so painful that after not even a minute he was rejecting my breast, resulting with him screaming and hitting me with his little hands. By a simple adjustment by my beloved osteopath he was able to latch with no further problem.



9- Get ready for hours of breastfeeding (or bottle)

Baby gazing yes but ...

if you don't want to get a neck and shoulder injury I promise you cannot do it for the actual amount of time you are feeding your baby!

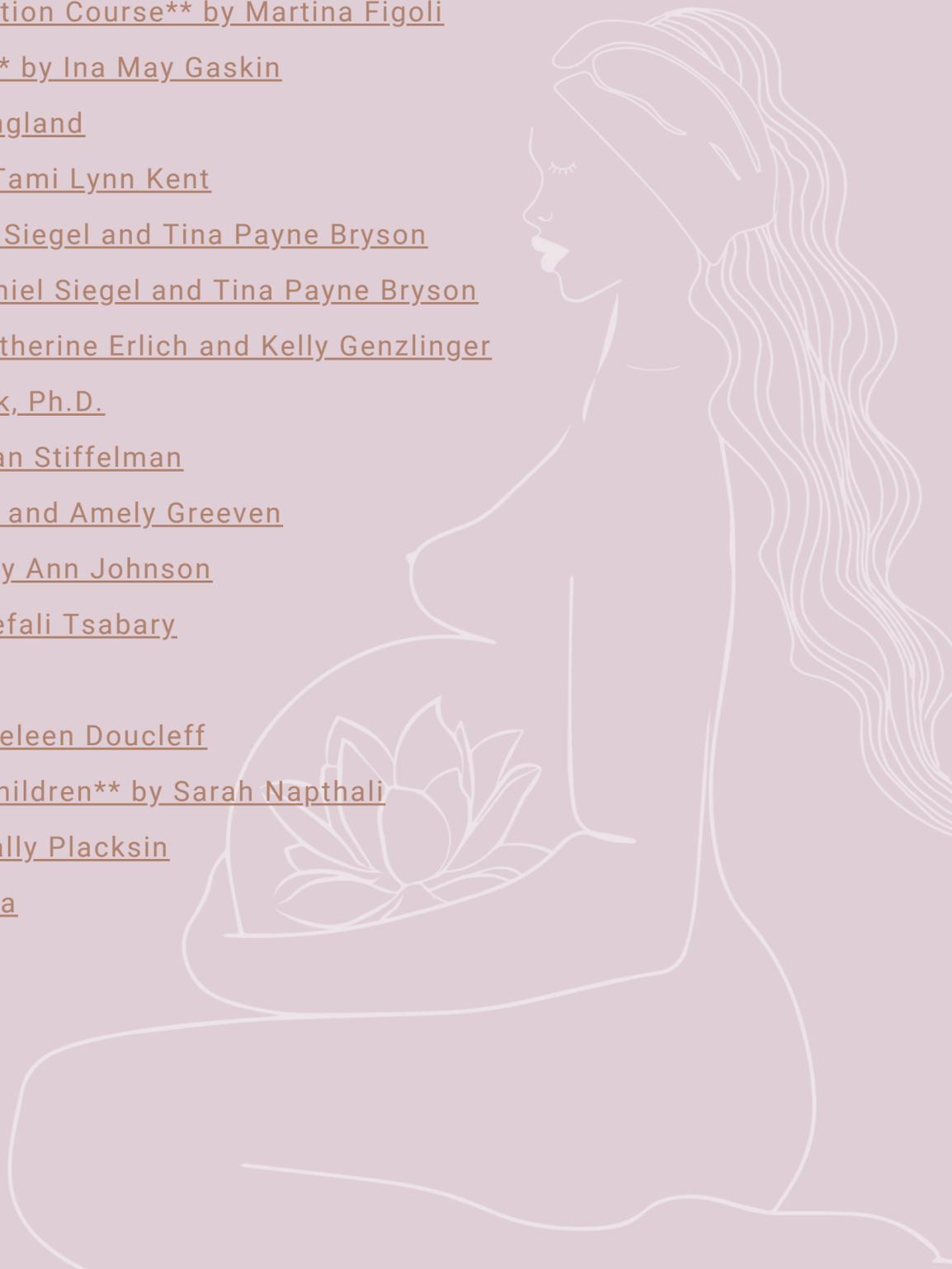
if you are breastfeeding you'll be surprised on how many HOURS on end your baby will demand.

Don't be discouraged because this is just a SEASON of your mothering journey. It will end sooner than you'll expect and soon you'll miss this time of closeness with your little snuggly velcro baby :)

I cannot stress enough that you get some rest when the baby is resting and enjoy the time of the feeding by also making it productive and a learning experience for you. Prior baby's arrival download at least 10 to 15 audiobooks or podcasts you'll know you want to listen to and just delight yourself with the experience.

Here's for you a list of the ones that I wished I'd listened to prior to or during that time:

- [**The Blissful Postpartum Introspection Course** by Martina Figoli](#)
- [**Ina May's Guide to Breastfeeding** by Ina May Gaskin](#)
- [**Connecting Parenting** by Pam England](#)
- [**Mothering from Your Center** by Tami Lynn Kent](#)
- [**The Whole-Brain Child** by Daniel Siegel and Tina Payne Bryson](#)
- [**The Power of Showing Up** by Daniel Siegel and Tina Payne Bryson](#)
- [**Super Nutrition for Babies** by Katherine Erlich and Kelly Genzlinger](#)
- [**Beyond the Sling** by Mayim Bialik, Ph.D.](#)
- [**Parenting with Presence** by Susan Stiffelman](#)
- [**The First Forty Days** by Heng Ou and Amely Greeven](#)
- [**The Fourth Trimester** by Kimberly Ann Johnson](#)
- [**The Conscious Parent** by Dr. Shefali Tsabary](#)
- [**Mom Genes** by Abigail Tucker](#)
- [**Hunt, Gather, Parent** by Dr. Michelele Doucleff](#)
- [**Buddhism for Mothers of Young Children** by Sarah Napthali](#)
- [**Mothering the New Mother** by Sally Placksin](#)
- [**Ayurveda Mama** by Dhyana Masla](#)





10- Take turns in breastfeeding your baby

Take it or leave it but in the long run could be a precious gift to yourself

I know I know, In the hospital or even just your obstetrician and lactation consultant will discourage this practice BUT I wished I'd implemented from the beginning.

Giving a dummy or a bottle is discouraged before the first 15 to 30 days because it could confuse your baby on your breast, but a skilled osteopath and lactation consultant would agree that after the first 15 days your baby has latched properly and it's rare a refusal of your breast for a bottle. Your partner could take turns in feeding your baby and it could be a gift to your night sleep having some extra hours plus it would help in the bonding with the non breastfeeding parent.





11- Don't undervalue a good latch from day 1

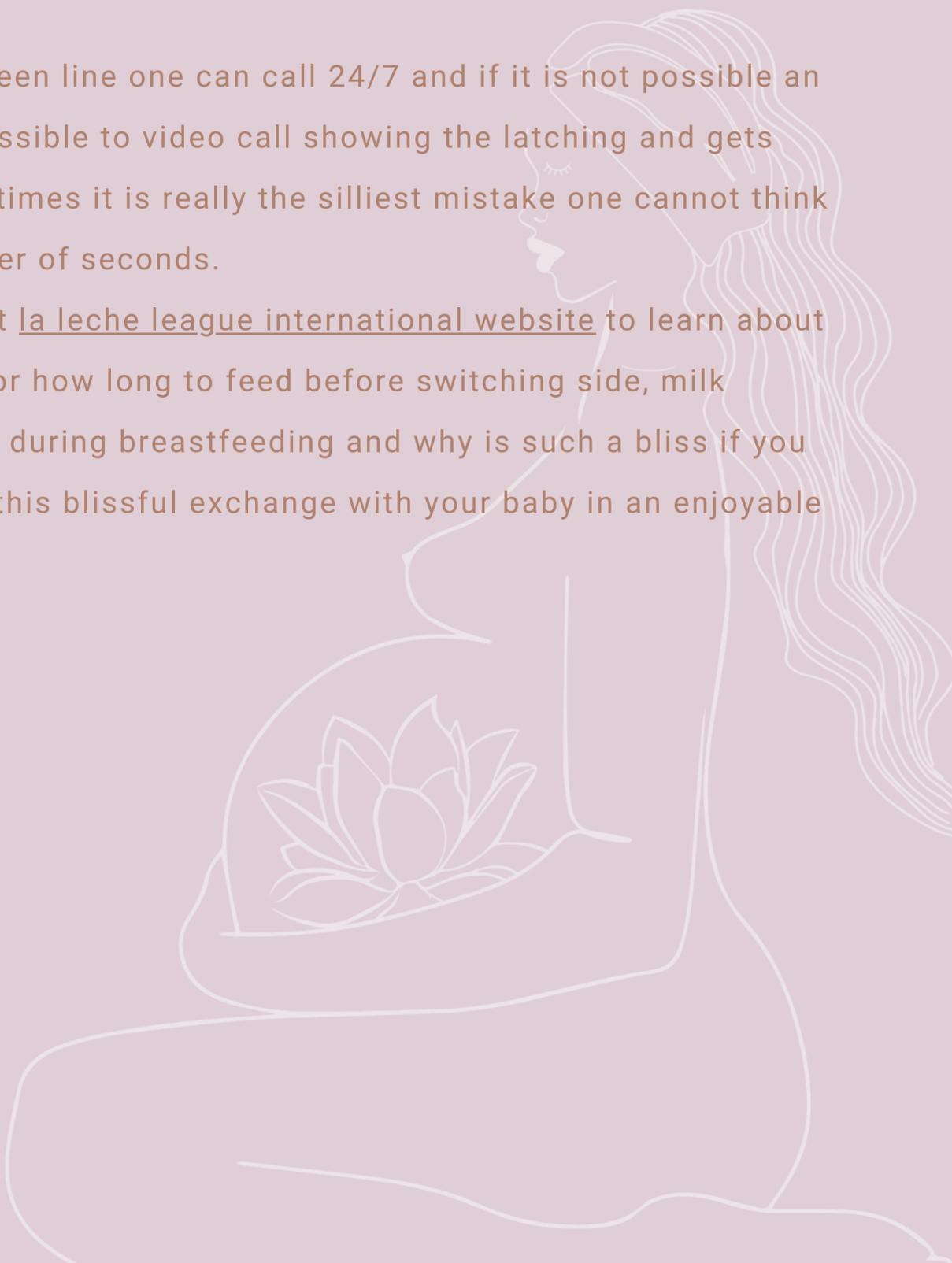
A lactation consultant is paramount

If you are planning to give birth in a hospital this service is offered to you by default from day 1 but could be a good idea to book in advance a lactation consultant to come to your house if you are planning a home birth.

For many women the journey can be challenging and even very painful. A lactation consultant can avoid some simple mistakes from the beginning, crucial for the right latching, and breastfeeding management: are you breastfeeding enough? maybe you need to feed more frequently? Is the milk transferring efficiently? When are you changing side? Is your baby missing the 'hind milk' (the fat milk at the end)? Is there a tongue tie problem?

In some countries, there is a green line one can call 24/7 and if it is not possible an immediate appointment it is possible to video call showing the latching and gets some advice in real-time, sometimes it is really the silliest mistake one cannot think of that can be correct in a matter of seconds.

I would also recommend to visit [la leche league international website](https://www.la-leche-league.org/) to learn about baby crawl, feeding postures, for how long to feed before switching side, milk composition, hormones release during breastfeeding and why is such a bliss if you have the chance to experience this blissful exchange with your baby in an enjoyable way.





12- Movement - Stillness practice

Don't be in a rush in wanting to do or come back to your previous movement routine

As mentioned above your body has gone through major stress and it's in deep need of love and receiving care. After all, it took 9 months to change to allow the growth of another life and it is now re-adjusting to his prior form before the baby. Your uterus in the next month or so will be returning to its shape as well as your hips bones and diaphragm will be in the process of returning to their previous asset in the months that will follow. It is not an immediate process but slowly your body will be returning to a close version of what it was before.

Consider during this time having some body work done, it can be a light massage, or it could be a good idea to consult an osteopath or a Chiropractor for some manual adjustment. We have [an article on our blog](#) that explains to you what kind of work you can expect to form these two professional figures. It is in your pocket try to get them to your house as it can be stressful going out in the first month with the baby constantly attached to you.

During the first 3 to 4 weeks you'll likely feel tired and need to rest, prioritising horizontal time is paramount during this time, stillness is the antipode to a fast recovery while your hormones and body are adjusting. When you start getting a bit more sleep, your scars have healed and you have the clear from your doctor, you may want to start moving your body slowly with some cat/cow movement, waving hips, gentle lunges, and some shoulder stretch to relieve tensions from carrying your baby. You could check here for a super [gentle postnatal class](#) with one of our professionals or down the track postpartum the [Shoulders Love Serie](#) for some extra care and opening of the thoracic area and scapulae region.



13- Sitz bath, yoni steaming & perineal scar massage

Nourish and heal heal your body slowly

Sitz bath offer a number of benefits during the postpartum period. They're known to increase blood flow to the perineal area, which reduces swelling and inflammation and promotes healing with also relaxing the muscles in the perineum, which can relieve the pain of a tear or episiotomy. This practice will help you soothe the soreness that comes from childbirth and relieve the itchiness that often accompanies stitches. Using epsom salt will help keep things clean down there and fasten the healing process.

By the way a sitz bath can also help you ease pain and itching from hemorrhoids (another common pregnancy and postpartum symptom).

After the clear from your medical practitioner (around the 6th week postpartum) you could potentially start a Yoni steaming as well (please consul medical advice before!). If you've never heard of this practice [check out our blog post on this topic](#). It is a beautiful way of cleanse your vagina using steam and it is encouraged by using specific herbs.

Another remedy that is encouraged by midwives is to massage your scars, (if you have had any) every day during or after your shower, using hypericum oil, to soften and ease the teared area. it's only necessary few minutes a day during or after your shower but you'll perceive the benefit in the immediate future as your muscles around that area will soften. Your future self will thank you for this!





About the Author

Martina Figoli



Founder, and director of MaterLand, Martina is a first-time mama, Certified Women Hormonal Health Partitioner, wellness enthusiast, and yoga teacher who created this new portal for other mamas wanting to consciously enter the transition into mothers. She believes that by creating a community of supported mothers - at any stage in the motherhood experience- women will be feeling more empowered in entering this -almost forgotten- rite of passage with more grace and kindness for themselves, which inevitably will have repercussions in creating an awakened and more conscious generation of leaders that will be rewriting more healthy dynamics around work, families, and relationship.

Get in touch

We always love hearing from you and your experience as a mum or mum-to-be and if you found this document helpful, feel free to share it!

Come and say hi on 

or read more blog related article [here](#)





Make the most out of your journey

Prepare Your Postpartum

**Download your FREE copy
of this eBook**

&

Follow us @mater_land