

LIVE YOUR BEST LIFE

Life-affirming resources for parents, grandparents, and guardians

NEW MOMS



United as one. Affirming life for all.

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INTRODUCTION

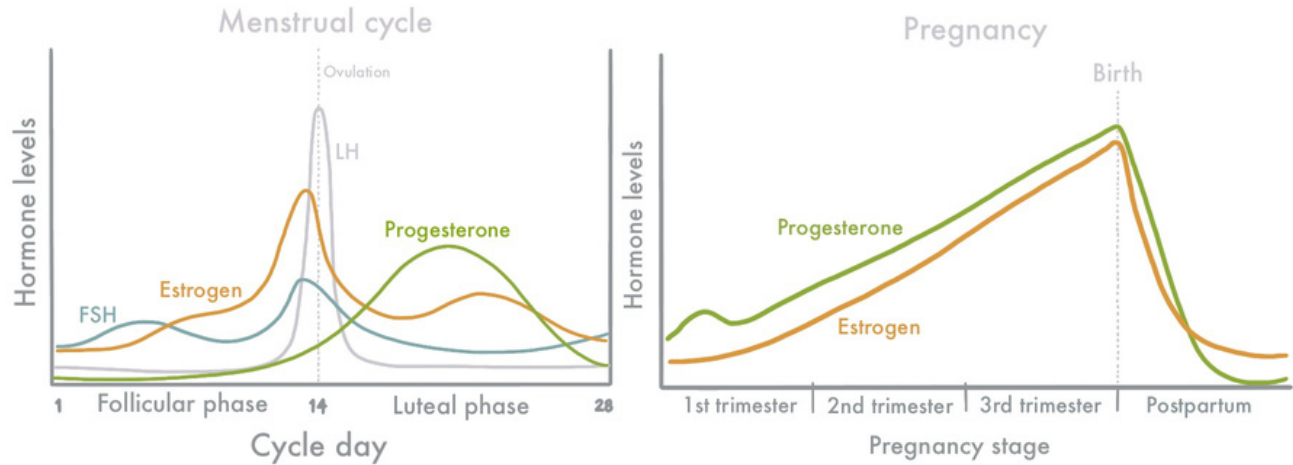
Welcome to the good life! Having a baby may be the most difficult thing you ever do in your life, but it will also be the most fulfilling. There will be days when you say to yourself, "I don't know if I can do this." The good news is...you don't have to do it alone.

Whether you're a young mom, a new mom, or this isn't your first rodeo (but you're still learning!) there are many resources available for you to choose from. We've scouted the internet and our local libraries to provide you with a consolidated list right here, in this booklet.

As you flip through these pages, you'll find some basic information on the kinds of changes your body is going through, tips on how to stay sane during the first few months postpartum, and further resources and reading materials that may be helpful on your journey.

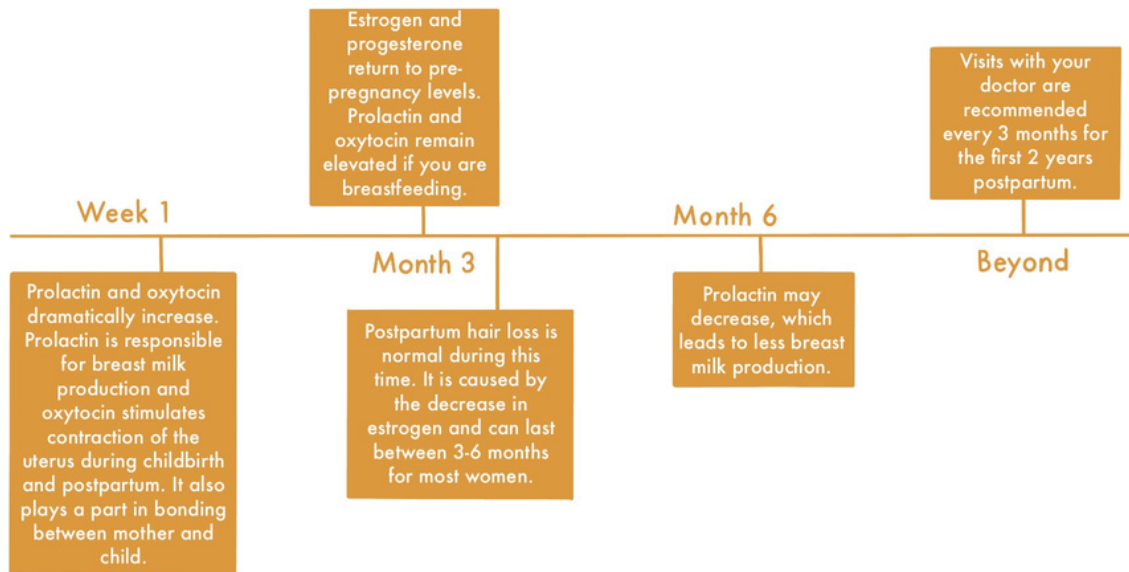


There are some things you just can't learn from reading a book. Remember to reach out to the motherly role-models in your life for insights and help, and for support in times of need.



- Progesterone helps prepare the uteran lining (endometrium) for a fertilized egg to implant and grow.
- Estrogen regulates the reproductive system and menstrual cycle. It plays a large part in the function of the ovaries, vagina, uterus, and breasts.
- FSH (follicle-stimulating hormone) manages the menstrual cycle by stimulating the ovaries to produce eggs.
- LH (luteinizing hormone) triggers the release of an egg from the ovary.

What happens to your hormones after birth?



IT TAKES A VILLAGE...



As a new parent, there's a lot of "how-to" information out there and it can get overwhelming to try and absorb it all. Your baby's doctor is likely aware of this and may avoid giving you too much information all at once. That doesn't mean you shouldn't approach them with any and all questions you may have about your child. That's what they're there for!

Once you're a seasoned mom who's seen it all, you might even find yourself sharing some of these insider tips with other first-time moms and dads in your life. After all, it takes a village to raise a child.

Taking care of yourself after birth is not only important for your own recovery, but for the wellbeing of your family and newborn child. But you can't do it alone...and you're not meant to! Here are some basic tips to help bring out the best in you during this challenging time.

In the first few weeks, having someone to help you manage your basic needs and responsibilities is crucial (whether it's your spouse, partner, family member, close friend, or a neighbour you trust).

"THINGS I WISH I KNEW..."

1

You're still a good mom even if you don't feel an immediate bond

Some people do feel that instant connection. For others, bonding takes time. It's normal to feel a range of emotions after birth—including sadness or grief.

2

Feeling like your identity has changed is normal

Having a baby is a major life transition, so change is inevitable. Be proud of your ability to adapt, and give yourself all the grace and compassion you deserve.

3

Every phase of parenthood is temporary

There are special parts about parenting a new baby. But the joys of parenting don't stop at a certain age. When you recognize the temporary nature of different stages, it can help lighten stress when it feels hard and boost joy when it's wonderful.

4

Mental health struggles are common

Perinatal (meaning, the weeks before and after childbirth) mood and anxiety disorders like postpartum depression (PPD) or postpartum anxiety (PPA) are extremely common. Treatment is different for everyone and may involve increased self care, support groups, talk therapy or medication.

5

Trust your maternal instincts

New moms take advice from doctors, family, friends and more – so why not take the advice from your own subconscious and heart? You know what's best for your little one, and your instincts are there for a reason.

According to Postpartum Support International (PSI),
1 in 7 moms and 1 in 10 dads experience PPD.

TIPS TO STAY SANE



1

Save your money

Most newborn babies only need clothing, food, diapers, a place to sleep, and tons of love. Everything else is a luxury. Once the baby is around 3 months, their needs will develop and change.

2

Communication is key

Emotions can be extremely fragile in the first few weeks post-birth. Communicating your needs clearly will help prevent a build-up of resentment over time. Have your helpers take over chores such as cooking, cleaning, laundry, and grocery shopping. This will give you time to take care of yourself and baby.

3

Sleep

You've probably heard it before, but...sleep when the baby sleeps! This may be only a few minutes of rest several times a day, but these minutes can add up. In order to save energy, have your baby's bed near yours for feedings at night.

4

Know your boundaries

It's nice to have visits from friends and family, but don't feel that you need to entertain guests. Feel free to excuse yourself for a nap, to feed your baby, or simply to have some introvert time.

5

Get outside

Go outside for a few minutes each day. Fresh air and gentle movement can help with recovery. You can start walking and doing postpartum exercises, as advised by your healthcare provider.

Finding little ways to laugh and find joy can help bring you closer in your relationship when you are at your wits end with newborn care.

DOWN THE ROAD...

...when you've had time to recover!



No. 01 – Join a group

Meet other moms in your local area who share your values and interests. For app recommendations, see the "Resources" page at the end of this booklet.



No. 02 – Volunteer

Volunteering is a great way to meet new people and give back to your community. Having the experience broadens your skill set (and helps fill in resume gaps if you're interested in going back to work when it's time to make that decision). Some great places to volunteer include your local soup kitchen, food bank, or retirement home.



No. 03 – Reach out

Reach out to family, friends and/or neighbours for in-person connection.



No. 04 – Make a date

If quality time with your partner hasn't been a priority, now's the time to start. Intentional time together to have adult conversation and nurture your relationship will make a world of difference. If you know other new parents, share a baby-sitter so you can all go out. If child care is hard to come by, "date night in" is also great!



No. 05 – Get inspired

Your re-integration with the outside world doesn't have to be social right away. Go to an art gallery, museum, or local church during a quiet time.

RESOURCES

Breastfeeding Hotline

Telehealth Ontario's 24/7 Breastfeeding advice and support service

Phone: 1-866-797-0000

TTY: 1-866-797-0007

The Fussy Baby Network (888-431-BABY)

is open Mondays through Fridays, 9 a.m. to 5 p.m. Central Standard Time

Postpartum Support International (PSI)

Phone: 1-800-944-4773

Text: 800-944-4773

Wellness Together

<https://www.wellnesstogether.ca/en-CA>

Text: 741741 WELLNESS

Pacific Postpartum Support Society

<https://postpartum.org/>

Call: 1 - 833-456-4566

Text: 1 - 604-255-7999

Canada Suicide Prevention Service / Crisis Services Canada

<https://www.crisisservicescanada.ca/>

Call: 1-833-456-4566 (24/7).

Text: 45645 (4 PM to midnight EST)

For residents of Québec, call 1 866 APPELLE (1.866.277.3553).

Canadian Mental Health Association

<https://cmha.ca/find-help/>

Looking to make friends with other moms in your area?

Visit <https://www.peanut-app.io/> to download the app.



BOOKS ON MOTHERHOOD

WHAT TO EXPECT THE FIRST YEAR: THIRD EDITION
by Heidi Murkoff

THE FOURTH TRIMESTER:
A POSTPARTUM GUIDE TO HEALING YOUR BODY...
by Kimberly Ann Johnson

THE FIRST FORTY DAYS:
THE ESSENTIAL ART OF NOURISHING THE NEW MOTHER
by Heng Ou, Amely Greevan, and Marisa Belger

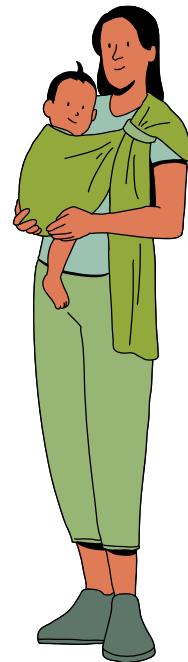
BE A HAPPIER PARENT OR LAUGH TRYING
by Betsy Kerekes

MAKE MY LIFE SIMPLE: BRINGING PEACE TO HEART AND HOME
by Rachel Balducci



ENOUGH ABOUT THE BABY:
A BRUTALLY HONEST GUIDE TO SURVIVING
THE FIRST YEAR OF MOTHERHOOD
by Becky Vieira

THERE ARE MOMS WAY WORSE THAN YOU:
IRREFUTABLE PROOF THAT YOU ARE
INDEED A FANTASTIC PARENT
by Glenn Boozan



FURTHER READING AND SOURCES

Sources:

babycenter.ca

momscanada.ca

postpartum.net/canada

newmomproject.ca/resources

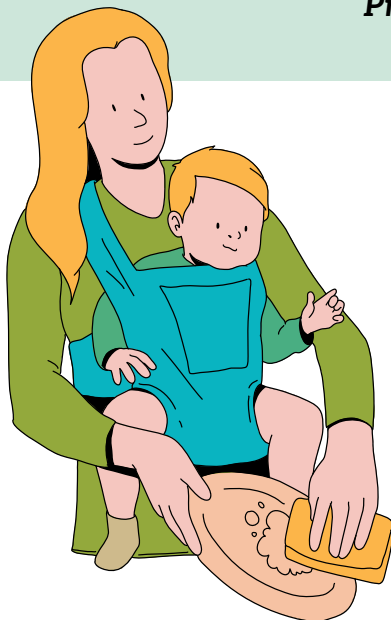
themothersprogram.ca/infant-care

anxietycanada.com/articles/new-moms

nursefamilypartnership.org/national-resources-for-moms

*Train up a child in the way he should go;
even when he is old he will not depart from it.*

Proverbs 22:6



Contact

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