

Top 10 Things I Wish I Knew About Postpartum - *Non-Birthing Parents*

- 1 There are two people born in that room: a *baby* and a *parent*.
- 2 Postpartum *recovery* can be harder than pregnancy (mentally, physically, and emotionally).
- 3 *Non-birthing parents* can also experience mental health challenges.
- 4 Proactively *helping* the birthing parent (e.g., caring for baby, washing bottles, making meals, cleaning the house, etc.) can go a long way.
- 5 If financially feasible, *postpartum doulas* can be immensely helpful and insightful.
- 6 Priorities and expectations can shift and differ postpartum. *Open and honest* communication and compassion are essential.
- 7 Follow your *partner's lead* on intimacy. Passing the 6-week check-up does not mean your partner is ready.
- 8 Your feelings are *valid*, too.
- 9 It can be helpful to think through and communicate *boundaries* with family and friends prior to bringing baby home.
- 10 The *postpartum period* lasts longer than parental leave.

