

# Top 10 Things I Wish I Knew

## About Postpartum - *Birth*ing 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*). Educating yourself on what to expect is beneficial.
- 3 It's OK to ask for *and* accept help.
- 4 *Everyone* has an opinion. Trust your instincts and what you believe will work best for you and your family.
- 5 Breastfeeding can be hard. It's OK if breastfeeding does not work for you. *Fed* is best.
- 6 Find a pediatrician with whom you feel *comfortable* talking and asking questions.
- 7 If financially feasible, *postpartum doulas* can be immensely helpful and insightful.
- 8 Your feelings are *valid*.
- 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 your parental leave.