

LOOKING AFTER YOURSELF

Getting active after birth

It is important to rest and recover from the birth of your baby. Being active can help with your body and mind. When you feel ready after birth, start with some easy movements. If you are unsure about what is right for you speak with your GP.



Exercise ideas



Walking or
join a local
pram
walking
group



Yoga/
stretching/
Pilates



Swimming,
4-6 weeks
after birth



Light
gardening/
housework



Light weight
training

Nutrition

Healthy food is great for your body and mind. Eat a variety of the 5 food groups to keep your energy up!



Vegetables and legumes/beans



Fruits



Wholegrains (bread, rice, cereals, pastas)



Dairy and plant-based alternatives



Meat, seafood and plant-based protein

Breastfeeding and nutrition

You need more food if you are breastfeeding. Your body uses this extra food to make breastmilk.

Most breastfeeding mothers feel hungrier than usual. All mothers can use their body to guide how much you eat and drink.

Emotional wellbeing

If you experience any of the below for more than a few days reach out for some help.

A Child and Family Health Nurse, Aboriginal Health Worker, Midwife or GP can help.



Constant low mood



Don't enjoy normal activities



Loss of appetite



Hard to relax or sleep



Cry often for no reason

For telephone support

Perinatal Anxiety & Depression Australia (PANDA) - 1300 726 306

Beyond Blue - 1300 224 636

Pregnancy, Birth & Baby - 1800 882 436

Get Healthy - 1300 806 258



If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.