

My Maternal Wellbeing Plan

SLEEP

Prenatal

During pregnancy, you may find yourself wrestling in bed trying to get comfortable before falling asleep. Unfortunately, your regular sleeping positions may no longer work for you during pregnancy. There are a number of reasons for this new discomfort, but there are some sleeping positions that you can try that may help you get your much-needed rest. The best sleep position during pregnancy is “SOS” (sleep on side). Even better is to sleep on your left side. Sleeping on your left side will increase the amount of blood and nutrients that reach the placenta and your baby.

Postpartum

It is often very hard to get rest or sleep when you have a new baby, as a young baby is not meant to sleep through the night. It is normal for them to sleep in 2-3 hour stretches. This will change as baby grows. Sleep is important for your health. Your sleep will probably change after the baby comes, but you can try these things to help yourself get needed rest.

- You may need to sleep in 2-3 hour blocks at a time, strung together to get you the 7-9 hours you need.
- During that time, don't do anything except try to sleep. If you need to get up for feeding, do it, change his diaper, but don't play with him, and then go right back to bed. Keep lights off, low, or use a red bulb. Don't start watching TV, turn music on, or check your phone or other electronics.
- Create a healthy sleep environment—dark, quiet, comfortable, with not a lot of distractions.
- In addition to the main sleep time, rest or nap when the baby is sleeping. Don't use that time for house chores or any work.



EAT WELL

- Always have on hand: protein, veggies, fruit, whole grains.
- Prepack single-serve portions in baggies for easy eating.
- Keep healthy snacks where you sit to feed the baby.
- Drink water as you need it, have it easily available.

MOVE & GET OUTSIDE

- Aim for 30 minutes a day of movement. Start easy! Walk, light housework or gardening, quick trip to the store or errands or library.
- Try to get outside every day, even if just for a slow walk.

CONNECT

- Stay connected to supportive family and friends by phone, email and text.
- Encourage short visits and be very clear about “visiting hours”.
- Accept offers of help. Ask for it if you need it!

RESOURCES

Getting Good Sleep:

- National Sleep Foundation
www.sleep.org
- KIDS Network
www.kidsks.org
- Safe Sleep
www.safesleepkansas.org

Baby Development:

- Help Me Grow?
www.helpmegrownational.org
- Baby Buffer
www.babybuffer.org
- Ages & Stages Questionnaires (ASQ)
www.agesandstages.com

Nutrition for New Moms:

- Kansas Women, Infants & Children (WIC)
www.kansaswic.org

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EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

Have you completed a screening about your feelings?

If so, when? _____

JUST IN CASE

You may have mixed emotions about your pregnancy and your baby. This is completely normal. Here are some common signs that you should talk through with your midwife or health visitor:

- Tearfulness
- Feeling overwhelmed
- Being irritable, arguing more often, or burst of anger
- Lack of concentration
- Change in appetite
- Racing thoughts
- Feeling more anxious
- Problems sleeping or extreme energy
- Lack of interest in usual things
- Feelings of guilt, regret, or like you are failing as a mother
- Some women can also have:
 - Intrusive thoughts
 - Suicidal thoughts
 - Strict rituals and obsessions
 - Lack of feelings for their baby

There are resources to help people figure out how to adjust. You can find help to keep you and your baby healthy, mentally and physically. If it's not going well, it's good to recognize that and get help.

GET HELP

It is not an emergency, but I need advice:

- Provider's office daytime: _____
- Provider/clinic after hours: _____
- Shawnee Mission Health Nurse Line
(Formerly ASK-A-NURSE) 913-676-7777
- Pregnancy and Postpartum Resource Center of Kansas
913-677-1300 www.kansasppd.org
- Postpartum Support International
1-800-944-4773 www.postpartum.net

It is an emergency and I'm scared I will hurt myself or my baby:

- 911
- National Suicide Prevention Lifeline Center for Kansas
1-800-273-8255 or 785-841-2345
- Crisis text line (text KANSAS to 741741)

PLAN AHEAD

My best place for relaxing is:

Healthy, easy foods I like to eat are:

Ways I like to exercise and connect with other people, which I could do with a small baby:

My early signs that I am feeling bad, depressed, or too anxious:

It can be difficult to talk about not doing well. If you feel like this, who are 3 people you would talk with?

1. _____
2. _____
3. _____

What will you say?

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