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# Postpartum Health for Mom

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Week 37 of 40

Activity




## Advice

Mom's body is going to go through a lot of change! Be aware that hormones might be going a little crazy.

Have you been doing your kegals? If you haven't it isn't too late yet!

Postpartum depression is more common than you might think, be aware of the symptoms!

Realize that it took nine months for mom's body to get the way it is, don't expect it to be back to normal right away.



Time for another walk! Go to a place with a lot of people like a mall or a park. Walk hand in hand and make up stories for the people that you see! Be creative and have fun!

## *Discussion Points*

- *How has mom's weight gain been during the pregnancy?*
- *Do you know what the symptoms of postpartum depression are?*
- *Do you know what Diastasis Recti is? Starting to work those muscles as soon as you are able will give you a great head start!*

## Goal

Look up some common postpartum issues together. Be ready to be open with each other after the baby comes about what is going on. Be ready for changes that will come! Make a plan to help mom get back to her old self - if dad joins in on the fun it will make it easier for mom!