



ESSENTIAL POSTNATAL SAFETY AND HEALTH TIPS

All these tips are suggested in order to help your uterus shrink back into place and to prevent any risk of uterine prolapses.

1. Once your baby is born, lie back to deliver the placenta, to reduce risk of haemorrhage.
2. As soon as the placenta is birthed, start to practise *reverse* breathing (pull bellybutton back to spine on exhale).
3. Pregnancy yoga was all about *opening* the body for birth. Now it is vital we *close* the body back up, so start to stand with your legs less than hip width apart and toes facing towards each other slightly.

Always remember to keep your bottom tucked under, and pelvic floor loosely lifted.

4. Once all bleeding has stopped, start to practise pelvic floor lifting on your *exhalation*, and then bring this together with the *reverse breath*.

Practise these techniques when you are feeding your baby - they will soon become second nature. Once you have mastered them, try to keep your bottom tucked under, pelvic floor lifted, and add belly button towards spine whenever you are standing or walking.

5. *Never* lift anything heavier than your baby for one whole moon cycle after birth (28 days). This means you must carry your baby and baby seat separately to the car, or if possible get someone else to help you.
6. *Do not* take your legs any wider than you would be able to if wearing a long sarong for one whole moon cycle.
7. When lifting your baby, or whenever coming up from the floor or lifting something, *always* lift your pelvic floor first.
8. If possible, do little more than lie down and be looked after for 3 whole days after birth. You will recover much quicker in all ways as a result.
9. If friends offer help, accept it! Cooking, ironing, washing up, doing the washing/shopping are all valid requests!!

Contact Rosanna Kalliabetsos for more details: 07811 694049/020 84074035