



THE PREPARE FOR BABY PLAN

www.theafterbabylady.com



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Why you need this plan



Preparing for baby is typically about buying stuff and making a nursery.

This plan gives you strategies for eating, sleeping, your space, and mindset to give you insight to life after your baby arrives.



Mindset

Mothering a new baby is intense. Keep coming back to these concepts when you feel overwhelmed.

Being a mother is a lot like starting a new job.

Do you remember starting a new job? How did you feel?

Overwhelmed? More tired and stressed than usual? How did you cope with the stress?



Mindset

Have you ever moved? Do you remember lowering your expectations because of all the changes you were experiencing?

Use that knowledge to start off parenting by lowering your expectations of yourself.

Your house can be messy. You can order takeout. You can use paper products so you have less to wash.

Early parenting is intense so you need to LOWER your expectations.



Mindset

Be gentle on yourself.

Days 1-14 (and beyond!) on ANY job you rarely feel successful. Add hormone shifts, and changing sleep and this new job is very difficult.

If your inner voice is telling you anything less than "you are a rockstar!" don't listen.

When you feel like you aren't doing a good enough job imagine what you would tell a friend in the same situation.



Eating



Make a grocery list that is easy for others to follow.

Plan at least one week of breakfasts, lunches, dinners and snacks you can make in 15-30 minutes or less.



Sleep



Change the way you sleep.

You must learn to go to bed earlier, stay in bed later, and take a nap or lie down every now and then during the day.



Sleep

Consider how much sleep you like to get during the night. After baby arrives you will strive to get that much sleep over a 24 hour period.

Do this for at least the first week or two and you will recover faster, and be better able to mother your baby.

Go with the flow. Babies **NEED** to sleep in small chunks of time to get the calories they need. Don't schedule early on. Scheduling new babies leads to a **LOT** of frustration.



Your Nest



Make sure to create a space for yourself to rest and recover.

I call this space your nest.

It should include - a basket to hold snacks and water. A cozy space to nurse/feed your baby. Lots of pillows for your comfort.



Support



There is a myth in our society that we should be able to care for our new babies, look great, and LOVE every minute of parenting with no supportive help.

Friends and family you trust can help or hire a postpartum doula like me to make your life easier.



I want to hear if
this plan made
your life easier!



Connect with
me!



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