



Birth
gardens

FIRST 40 DAYS GUIDE



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THE FIVE-FIVE-FIVE RULE REST AFTER CHILDBIRTH

Giving your body plenty of rest after giving birth is incredibly important for your long-term well-being and health. Many new parents don't realize how much their bodies need to recover. Take at least 15 days to focus on your postpartum recovery. Here are some ideas for using this time wisely!

THE FIRST FIVE DAYS: in the cozy bed

WHAT NEEDS TO BE ACCOMPLISHED

- Spend all your time relaxing in bed or on the couch.
- Take naps or sleep as much as you can.
- Focus on good nutrition and emotional connection.
- Enjoy plenty of skin-to-skin sessions.
- Limit (or completely avoid) visits.
- Take sitz baths to help heal the perineum.

WHAT NOT TO DO

- Inviting lots of visitors/hosting visits longer than 30 minutes
- Housework, laundry, cooking, pet care
- Walks around the block/store
- Looking forward to weaning off postnatal medication
- Make plans for more than 3 days in advance

ROLE OF YOUR CARING CIRCLE

- Prepare meals, snacks and refill water bottles
- Taking care of household chores, pet care, and older siblings
- Remind partner to take pain medication
- Ask guests to leave when it's time

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THE FIVE-FIVE-FIVE RULE REST AFTER CHILDBIRTH

THE NEXT FIVE DAYS:
on the bed

WHAT NEEDS TO BE ACCOMPLISHED

- Spend 75% of your time relaxing in bed or on the couch (90 minutes of rest for every 30 minutes of activity).
- Stay in your pajamas to stay in “relaxation mode.”
- Sit outside to enjoy the fresh air.
- Start inviting friends if you feel ready.

WHAT NOT TO DO

- Speed up your healing. If you start to feel better, it means rest is working; keep it up.
- Housework, chores, cooking.
- Long journeys or outings. Reduce physical contact.
- Feel the pressure to welcome visitors.

ROLE OF YOUR CARING CIRCLE

- Remind your partner to get plenty of rest.
- Offer meals and snacks.
- Give your partner enough time to talk about childbirth.
- Provide emotional support.
- Help your partner get to medical appointments.



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THE FIVE-FIVE-FIVE RULE REST AFTER CHILDBIRTH

THE LAST FIVE DAYS:

Next to the bed

WHAT NEEDS TO BE ACCOMPLISHED

- Spend 50% of your time relaxing in bed or on the couch (60 minutes of rest for every 60 minutes of activity).
- Short walks around the block are fine, but stay close to your bed.
- You can do craft projects, read, watch movies in marathons, do puzzles, etc.
- Limit household chores to simple things like folding laundry from the couch.

WHAT NOT TO DO

- Overexertion (more bleeding means too much activity)
- Long journeys/outings
- Walking around the store or mall (no place to rest if needed)
- Household chores, chores, pet care, shopping
- Visit others (let them come to your house)

ROLE OF YOUR CARING CIRCLE

- Prepare your meals and snacks for your return to work.
- Make sure your partner can sleep for at least 2 hours straight without being disturbed.
- Make sure your partner doesn't jump into physical activity too quickly.
- Accompany your partner on walks and outdoor activities.



2

2 SIMPLE STEPS TO SOOTHE A CRYING BABY



1 STEP TO CALM BABY

Baby is an immature being: he was born too early. That is why we call the first 3 months postpartum the 4th trimester.

Providing your baby with the sensations in utero (soft and reassuring environment, rocking, etc.) is exactly what he needs to calm down.

2 STEP TO CALM BABY

Rocking in utero triggers a calming reflex in the fetus.

It's a "calming reflex": they act like a magic wand to stop the crying and put the baby to sleep.

3

ANTI BABY BLUES KIT

15 simple steps to avoid the baby blues

Rest

Have meals ready or delivered

Hot water bottle to help with postpartum pain

Messages of encouragement

A cozy blanket and a cushion to snuggle up with

Favorite Snacks for Every Place You Breastfeed

Hydrating drinks at every breastfeeding spot

A notebook and a pen to write down your thoughts

A playlist of relaxing music

A person in charge of household chores

A support group: group of mothers, friends, family...

Breathwork exercises

Meditation sessions, or hypnosis

Professionals to answer your questions and doubts

Love and caring support from your partner

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POSTPARTUM ESSENTIALS LISTS

For Mom (Recovery and Comfort)

PHYSICAL RECOVERY

- ✦ Postpartum sanitary pad (or disposable absorbent panties): These are larger and more absorbent than traditional pads.
- ✦ Cotton maternity panties: Comfortable, they do not squeeze and can keep protections in place without irritation.
- ✦ Perineal bottle: To rinse after going to the toilet, it soothes and helps with healing if you have had stitches.
- ✦ Soothing Perineal Spray: Made with witch hazel or natural ingredients to soothe pain and itching.

BREASTFEEDING AND/OR BOTTLE FEEDING

- ✦ Nursing bras or soft bras: For easy access if you are breastfeeding.
- ✦ Nursing pads: To prevent milk leaks.
- ✦ Nipple cream: calendula based.
- ✦ Snack: Easy to eat with one hand during feedings to keep energy up.
- ✦ A large water bottle or water bottle: Hydration is crucial, especially when breastfeeding.

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POSTPARTUM ESSENTIALS LISTS

CLOTHING AND CARE

- ✦ Comfortable, loose-fitting clothing: Pajamas, sweatpants, loose-fitting t-shirts... nothing that squeezes your stomach.
- ✦ Cleansing foam or no-rinse soap: Practical for a quick wash in bed if getting up is difficult.



FOR THE BABY (CARE AND COMFORT)

- ✧ Newborn diapers and wipes: Enough!
- ✧ Bodysuits and pajamas in newborn and 1 month sizes: Babies grow very quickly.
- ✧ A portable changing mat: To change baby anywhere in the house.
- ✧ A physiological baby carrier or a baby sling: Ideal for keeping baby close to you while having your hands free to do other things.
- ✧ Sleeping bags: To keep baby safe and warm.
- ✧ A diaper cream: To prevent diaper rash.

FOR THE HOME AND THE ORGANIZATION

- ✧ A basket or "survival basket": Put everything you need for feeding times in it (snacks, water bottle, lip balm, phone, etc.) and keep it close to you.
- ✧ Pre-prepared meals and snacks: This is a priority! Freezing meals before delivery is a huge time saver.
- ✧ Important phone numbers: your support village... at your fingertips.
- ✧ A night light or soft light: For nighttime awakenings.

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5 TIPS TO SUCCESSFULLY BREASTFEED

1

Baby should be in front of the nipple, neither too high nor too low.

2

You can place pillows under your arms to keep baby in a good position throughout the feed.

3

You stimulate your baby with your nipple below his nose to get his mouth wide open. Once his mouth is wide open, you help him place as much of your nipple and areola as possible in his mouth, not just the tip of the nipple.

4

With your other hand, you hold and squeeze your breast in order to help baby have a deeper latch

5

You should observe your baby carefully to recognize a good feed: he should have a suck/suck/swallow rhythm. You can watch your baby's throat to recognize if he is swallowing correctly.