



HAPPY BELLY COACHING

New Mama Newsletter

YOUR GUIDE TO POSTPARTUM SELF-CARE

happybellycoaching.com

DINE & SHINE

Your highlights on all things pre- & postnatal nutrition!



LET'S TACO 'BOUT IT!

Prioritizing nutrition matters! A nutrient dense diet helps prevent mom from nutrient depletion during breastfeeding, may decrease postpartum symptoms such as mom brain, and may help with postpartum healing & recovery.

LETTUCE LEARN

Did you know...Eggs are the best whole food source of choline, a vital micronutrient that helps with cognitive development, including learning and memory? Shoot for two eggs a day to benefit you postpartum and baby if breastfeeding!



LEARN S'MORE

Want to dive deeper into the world of prenatal nutrition? Check out Lily Nichols, author of "Real Food for Pregnancy" and "Real Food for Gestational Diabetes". Her blog also offers easy to read research reviews.



TOTALLY MY JAM

Trying to cook for the week but also trying to wrangle a busy toddler? Get them involved! Letting them be part of the cooking process (relative to age) not only helps entertain them while you cook, but may also get them more interested in the process. We love learning towers to help them stand at counter height. Check out Little Partners Learning Tower on Amazon!

JUST PHO FUN

"You know you're a mom when you understand why mama bear's porridge was cold."



TURNIP FOR TIPS

No time for meal prep? Get creative! Double your dinner recipe to have leftovers for lunch. Do a big batch cook of protein when the grill is already fired up. Pay for a meal delivery service. Utilize cooking tools like crockpots and instapots to make life easier!

MAMAS ON THE MOVE

Your highlights on all things & postnatal training!

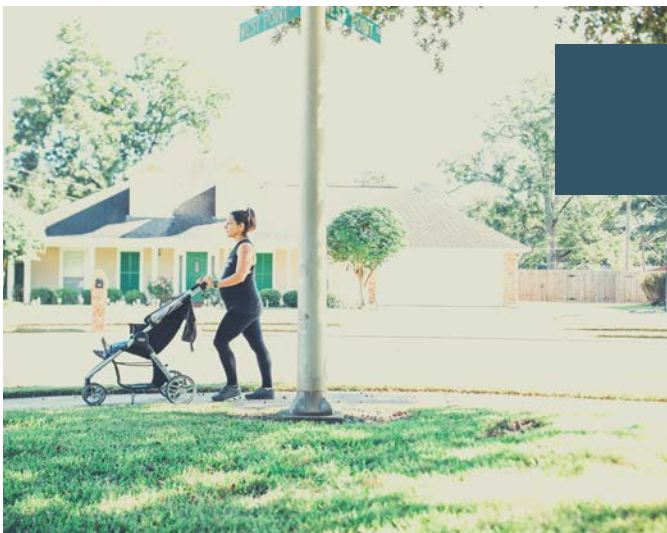


TRAIN YOUR BRAIN

Exercise before, during or after pregnancy can serve as a stress relief, increase insulin sensitivity, reduce unnecessary body fat, improve mood and offer time for a little self-care. It's important to listen to your body as you add exercise back into your routine.

JACKED FACT

Did you know...Exercise can offer antidepressant effects during the postpartum period? Some women utilize low intensity exercise to help decrease feelings of depression and anxiety postpartum!



FIT TIP

Non-exercise activity thermogenesis (NEAT) accounts for more energy expenditure than an hour of training. Even if you can't get a great workout, focus on getting in your steps and stay moving throughout the day!



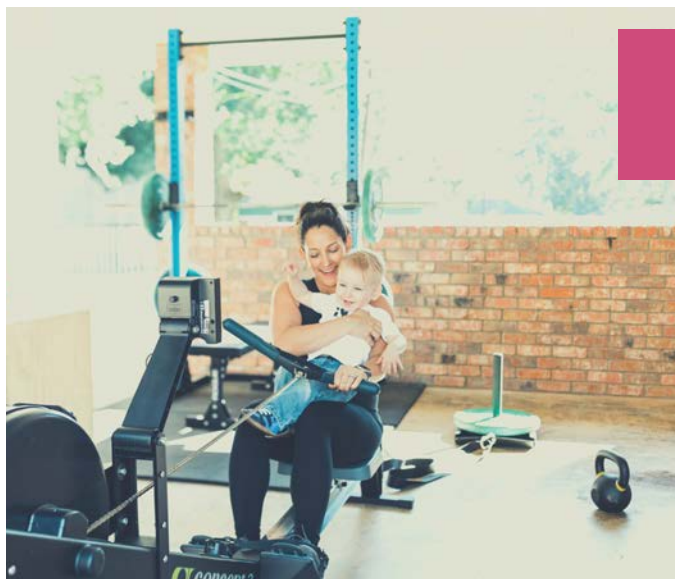
EQUIPMENT

Does great music or listening to a good podcast help motivate you to get moving? I love Bose bluetooth headphones to use during my training!

Want an affordable piece of equipment to use at home during nap time, or for travel? Check out a Sling Shot hip circle band to activate muscles around the hips & glutes.

A LAUGH A DAY...

"I wear an awful lot of sports bras for a woman who runs a 17-minute mile"



JUMP ON IT

Want to learn more about appropriate mama modifications for training, or how you can start incorporating a healthy exercise routine? Check with your doctor, and then look into mama focused programs such as Street Parking, Moms Gone Strong and Birthfit.

SLEEP LIKE A DREAM

Your highlights on all things postnatal sleep!

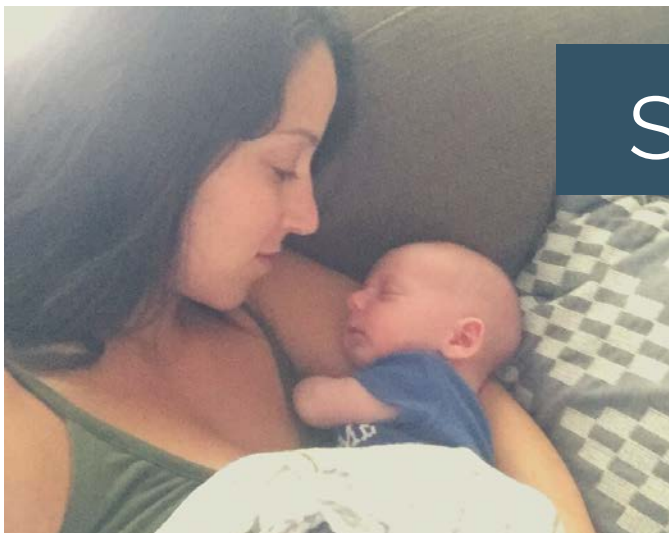


DREAMY DETAILS

Adequate sleep plays a major role in mood, recovery and mental clarity. Getting enough sleep can also help decrease risk of nutrient depletion, suppressed immune system and stress. Nighttime sleep is the most restorative!

NAP FACT

Did you know...Even just one night of too little sleep can qualify as partial sleep deprivation. As sleep continues to be lacking, a sleep debt builds leading to shifts in cognitive function and mood.



SNOOZE HACK

Create a nighttime routine you can stick with, and get outside within 30 minutes of waking to help reset circadian rhythms. Have a newborn? Ask your partner take the last diaper change while you get ready for bed so you can fall asleep right after the last feeding.



CATCH SOME ZZZ'S

While we decided not to opt for co-sleeping in our house, we did love finding ways that baby could sleep well and safely, whether in bed, on the floor, or on the go.

Our favorite products included the DockATot and Uppa Baby's basinet feature which easily attached to our stroller.

REST AND JEST

I don't want to sleep like a baby. I just want to sleep like my husband."



DOZER DIGEST

Blog rec: TakingCaraBabies reviews baby's nap and sleep schedules, as well as age appropriate questions

Podcast rec: The Modal Health show, specifically episode #225, "Paying off Sleep-Debt, the truth about naps, and Sleep Tips for Parents"

IMPROVE YOUR MOOD

Your highlights on all things postnatal mindset, stress & mental health!



MINDSET MATTERS

Managed stress and a growth mindset all play a positive role when it comes to pregnancy, labor, breastfeeding and navigating the postpartum period. The journey into motherhood can be stressful and your mental health matters! Take time to prioritize self care, seek out opportunities to de-stress and practice a healthy mindset.

STRESS LESS

Did you know...nutrient deficiencies in Vitamin D and DHA may be linked to postpartum mood disorders such as Postpartum Depression? While prioritizing your nutrition won't eliminate the possibility of dealing with PPD, it could help reduce the risk.



FREE YOUR MIND

Struggling to reduce anxiety or clear your mind? Try a relaxation technique such as belly breathing, progressive muscle relaxation or guided meditation. Youtube videos for guidance, or start by taking a deep, controlled breath in, hold for 4 seconds, and breathe out slowly, all while observing the rise and fall of your abdomen.



MINDSET RESET

Feeling like you need some help with reducing stress but don't know where to start? Try downloading an app like Head Space or Calm. These apps can guide you through breath work or relaxation activities, help you calm down and increase mindfulness in the moment. Let an app help you carve out as little as 3 minutes a day for your self care.

BRAIN BREAK

"I see all these moms who can do everything, and I think, I should have them do some stuff for me."



BEHAVIOR MAKEOVER

Looking to de-stress? Check out podcasts that help you focus on the positive like The Upside with Callie and Jeff, or help you relate to other moms like "Listen Mama". Want to start creating some real change? Seek support with a counselor. There is power in asking for help.

LACTATION REVELATION

Your highlights on all things breastfeeding!



NURSING NOTES

While milk supply is largely based off of supply/demand, calories play big role. Women experience an increase in BMR while breastfeeding, which means the body needs more food just to perform basic functions like breathing. This is why some women (not all!) may lose weight while nursing. Focus should be on more calories, not less.

FEEDING FACT

Did you know... milk supply can take around 4 weeks to build, and can often change based on baby's needs, your nutritional intake, the health of you and baby, and how often you nurse/pump? It's okay for your supply to change, but be mindful if it seems to be continually dipping.



PUMP UP THE JAM

Breastfeeding can be stressful (and isolating!) and stress can impact milk supply and let down. Create a calm and happy environment for yourself while nursing or pumping- listen to music you love, watch a show you're in to, or read if you can.

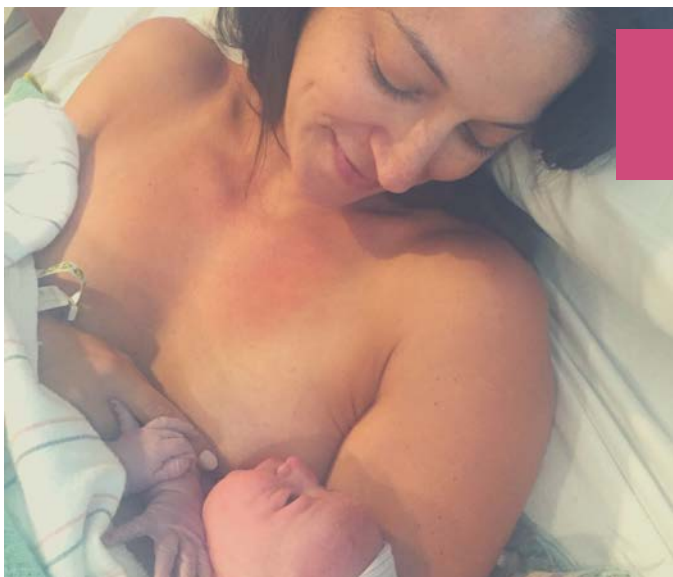


TOOLS FOR TATAS

Don't be afraid to grab items that make your breastfeeding life easier, like an electric double pump, hands free pumping bra, or nursing tanks. My personal favorite is the Haakaa, a silicone suction breast pump that helps collect milk you may lose during your let down (or works as a manual pump!). Find them at haakaausa.com or Amazon!

GIRLY GIGGLE

The real deflate gate: Women after breastfeeding.



STAY ABREAST

Many hospitals have lactation consultants and offer breastfeeding classes to help you learn more. Love a podcast? Check out More Than Milk and Badass Breastfeeding Podcasts

ADORE YOUR PELVIC FLOOR

Your highlights on pelvic floor health!



PELVIC POINTER

The pelvic floor is comprised of a layer of muscles in the pelvis that supports pelvic organs. It helps manage bladder/bowel function, sexual function & stability. Signs of dysfunction: pelvic pain or pressure, pain during sex or with urination, constipation & low back pain.

A PEE PLEA

Did you know...leaking, or peeing when participating in activities such as sneezing, running or jumping is common but not normal. Experiencing leaking? Consider an assessment with a Pelvic Floor Physical Therapist.



INHALE, EXHALE

To take a proper breath sit on your sit bones with focus on good alignment. Place one hand on your belly, one on your chest. On the inhale feel your belly expand and notice your hands rise. On the exhale notice your hands fall and your stomach deflate.



PELVIC PROPS

While pelvic floor exercises should always come under the advisement of a specialist, there are basic exercises you can do at home to strengthen your pelvic floor. A yoga ball is an affordable piece of equipment that can help you engage your core and practice stabilization. You can find yoga balls at most local retailers or on Amazon.

KEGEL QUIPS

"Do your kegels, dear. It's nice to have your vagina stay inside your body"



CORE 4

My 4 favorite pelvic floor resources:

1. Julie Wiebe, PT
2. Girls Gone Strong
3. Birthfit
4. Brianna Battles