

The 5-5-5 Rule

Postpartum Guideline

The 5-5-5 rule is a useful guideline to follow when planning your postpartum recovery! Not only does it foster optimal rest and physical recovery after the birth of your baby, but it also promotes bonding and leaves plenty of opportunities for all family members to settle into life together!

The 5-5-5 rule is ideal for bonding and recovery but may not be realistic for all families! Reach out for support as you need!

The First 15 Days of recovery

5 Days In The Bed

- Stay home if possible
- Sleep as much as possible
- Focus on skin-to-skin
- Learn your baby's feeding cues
- Get the hang of breastfeeding
- Partner, family, other support people can bring meals, water, and "pamper" you.
- Consider a postpartum Doula!

5 Days On The Bed

- More being upright in bed
- More Skin-to-skin
- On-demand breastfeeding
- Read books, color and do puzzles with older children (if you have them)
- Infant care such as diaper changes can be done by you or by a support person

5 Days Near The Bed

- Rest should still be a focus
- More skin-to-skin
- On-demand breastfeeding
- More standing and moving around the bed
- Bathe your baby
- Fold laundry if you feel up to it
- Light activities
- Limit standing to 30 minutes

Set Yourself Up For Optimal Healing...



Plan your postpartum! Plan to have extra support for day-to-day tasks so you can focus on your baby and recovery!



Set clear boundaries with family and other visitors! Your recovery and bonding with your baby are a top priority.



Set realistic expectations of yourself and of your newborn. You are both learning!



Make a list of resources and professionals who can support you should you need extra support or are unsure of anything along the way!



Consider hiring a postpartum doula to help you and your family feel well and looked after!



Be honest about how you are doing emotionally and reach out for support if you begin to struggle.



Know that you are not alone! It's ok to ask for help!

Your Postpartum Mood Matters!

If **you are experiencing:**

- Mood swings,
- Irritability,
- Sadness,
- Trouble making decisions
- Changes in your appetite
- "Weepiness"
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

That doesn't improve after 2 weeks, please reach out to someone you trust for help as these can be symptoms of a postpartum mood disorder and require attention and care!

IMPORTANT!

Whether you are a birth parent, partner, surrogate, or adoptive parent you may be affected by postpartum mood disorders! They are temporary, common, and treatable. It's OK to ask for help!