



New Mama Nourishment Plan

The information in this booklet is not medical or psychological advice, it is for educational purposes only. The information should not be copied or distributed beyond individual use.

Nourishing the First 40 Days of Motherhood:

How to design a beautiful first 40 days for you & your baby

“Is ours not a strange culture that focuses so much attention on childbirth, virtually all of it based on anxiety and fear – and so little on the crucial time after birth, when patterns are established that will affect the individual and the family for decades?” Kathleen Kendall-Tackett, Health Psychologist & Author



In Ayurveda (one of the world’s oldest holistic whole-body healing systems, based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit), the transition into new motherhood is acknowledged as a time where the woman needs to be supported, nourished and rested.

In our Western culture, we expect new mothers to adjust quickly into their new lifestyle and responsibilities. Your body needs time to recover after pregnancy and birth, and you need time to adjust to your new role as a mother – whether it’s your first or your third baby.

New motherhood is a time in your life when you will feel vulnerable, overwhelmed with emotions, exhausted and an unconditional love like no other. You will also experience self-doubt, fear and sometimes loneliness. It is so important to know that as a new mother you don’t have to do it all, and that it’s ok to ask for help!

Here's our guide to help you feel nurtured, nourished and supported in the first 6 weeks of new motherhood:




Plan ahead

You've heard of creating a birth plan, but what about a postpartum plan? Whilst the arrival of a new baby is a time of great happiness and excitement, many new parents are unprepared for the changes that a lack of sleep, recovery from the birth and having a newborn can have upon their lives.

Due to a lack of experience with babies and an unrealistic expectation of life with a new baby, many parents find themselves unprepared for the weeks and months following the birth of their baby. They are under the mistaken impression that while they might need help for a week or two, things will then calm down and life will return to normal, only now with a baby.





The reality is that the physical and emotional adjustment lasts with some intensity for the first 3 months following birth and any parent will tell you the challenges don't end there!

Creating a 'postpartum plan' will help you think beyond the birth plan and to map out a smooth transition for you from woman to new mother, for you and your family.

Nourishment through food

Eating healthy and nutritious foods is vital for your recovery after birth, your energy for breastfeeding and looking after a baby and for your mental wellbeing. Consider organising a healthy meal delivery service, or ask others that want to help to cook some meals for you.

Include foods that are warm, oily, moist, spicy, and cooked in your diet

Including these food elements in your diet in the first 6 weeks post-birth will help to balance the Vata Dosha (when Vata builds up in the digestive system, there can be gas, cramping, constipation, and challenges with nutrient absorption).





Mama's Rice Pudding

A perfect recipe for the first 40 days

This pudding aids digestion, has instant energy and builds the blood. It can be served all day, as often as you enjoy it, for the first few days after birth (& beyond).

Ingredients:

- 6 cups water
- 1 cup basmati rice
- ¼ cup jaggery/rapadura or coconut sugar
- ¼ cup ghee
- 2 teaspoons ginger powder
- 1 teaspoon cinnamon
- 1/2 tsp clove powder
- Pinch nutmeg
- ½ teaspoon ground black pepper
- 1 cup coconut milk (or milk of choice)

Method:

1. Bring water and rice to the boil in a large pot. Simmer, stirring occasionally until it begins to thicken. This should take about 20 minutes.
2. Add the sugar, spices and ghee. You may need to add an extra cup of water as this stage if your pudding is too thick.
3. Continue to cook slowly, stirring as needed. When gelatinous, consistently add milk. Cook for a few more minutes to thicken.
4. Serve hot, with sugar and ghee to taste. Serve as desired throughout the day.

Practice mindfulness when eating

Be sure to take time to sit, eat and enjoy your food. When possible, have someone hold your baby for you, or when they are sleeping take the time to eat slowly- this will help your digestion and intake of the food's nutrients.

Support at home

Don't be afraid to ask for help with jobs around the home or with caring for other children! Create lists and when people ask how they can help, be sure to let them know. People who care for you will want to help you.

Include daily 'feel good' rituals

Including something that makes you feel good in every day can make the world of difference to your wellbeing. Whether it be a warm bath, quiet time with a cup of your favourite tea, an uninterrupted shower or a soothing massage. Doing things that make you happy means your body releases the oxytocin, or 'love' hormone. You can't meet the needs of your baby or others well if you aren't looking after yourself too. (see my basic guide for Ayurvedic Self Massage at the end of this guide)

Find your 'tribe' or community

Connecting with other new mothers is a wonderful way to feel supported. Just being able to chat with other women that are experiencing the same ups and downs of motherhood that you are can make you feel that you are not alone! You can connect with other new mothers at post-natal exercise classes (like Mums and Bubs Yoga), early childhood clinic groups or just by making your own mothers group. The traditional circle of women available to care for the post-natal woman is often missing in today's society, postnatal doulas are a great support for many new mothers.

Be gentle with yourself

Your body needs time to rest and recover. Leave the housework, don't put pressure on yourself to do it all and don't return to your normal activities too soon. Listen to your intuition, trust yourself and don't spend too much time reading what the 'experts' do. It takes time to find your way as a new mother, take each day as it comes and again ask those around you for help





And remember, birth isn't just about making babies, it's about making Mums too. Your journey through pregnancy and birth is such a special time, but often we are so focused on these big events, that we forget to think about life afterwards, the transition into new motherhood!

Would you like to learn more about how we can support you?

Contact us to find out more:
thesacredfemininecollective@gmail.com

Here is our basic guide for Ayurvedic self massage

Feet - Rub oil over foot

- Rub the soles of your foot very quickly.
- Run your thumb along the top of your foot, from your ankle to between your toes.
- Toe joints in clockwise direction.

Legs - Oil

- Long strokes on calf.
- Clockwise circles on knee.
- Long strokes along whole leg.

Tummy - Oil

- Clockwise circles two open palms, lift one hand to cross the other underneath.
- Apply your belly binding (fantastic for new Mums)

Arms - Oil

- Long strokes on.
- Clockwise circles on elbow.
- Long strokes along whole arm.

Head - Oil on the very top of your head

- Start with soft, gentle circular movements with your fingers.
- Then quick, light pinches with all of your fingers.
- Really slow, long, deep pinches with all of your fingers.

Hands - Oil

- Rub hands together quickly.
- Use your thumb to rub clockwise around palm.
- Use your thumb to rub webbing between thumb and pointer.
- Finger joints in clockwise direction.

Neck & Shoulders - Oil

- Elbows above head, creep your hands down your back. Lower elbows & squeeze.
- Rub both closed fists on the muscles between your breasts and shoulders.
- Give your neck a little rub.

Face - Oil

- Place fingers on third eye, rub firmly along to temples and give a few circles.
- Place fingers above lip, rub along jaw muscles, give a few firm circles under lip.
- Rub hands together very fast and then place over eyes, three times.