

POSTPARTUM SANCTUARY PLAN

DISCLAIMER: THIS GUIDE + TIPS ARE BASED ON THE BOOK
"THE FOURTH TRIMESTER" BY KIMBERLY ANN JOHNSON.

EMBODIED IN BIRTH



WWW.BIRTHCOACHING.CO.UK

VISITORS

who do you want to visit in the first three days?

in the first two weeks?

in the first month?

REST

what do you anticipate might be obstacles to resting for you?

what are ways you can address those?

how will you create the space to nap during the day?

how will you manage visitors to ensure space for resting?

how will you manage technology? when will you unplug?

FOOD

list three of your favorite and most nourishing meals:

list three balanced snacks you love:

who can organize a meal train? any dietary restrictions for you/your family?

list your favorite takeout / delivery options:

FOODS FOR POSTPARTUM HEALING

FRUITS + VEGETABLES

- avocados
- bananas
- beets
- blueberries
- cherry tomatoes
- dandelion greens
- figs
- mango
- papaya
- passion fruit
- pears
- persimmon
- pomegranate

NUTS + SEEDS + GRAINS

- almonds
- cashews
- walnuts
- cacao nibs
- chia seeds
- hemp seeds
- millet
- pumpkin seeds
- sunflower seeds
- amaranth
- quinoa
- wild rice blend
- brown rice

LIQUIDS

- almond milk
- oat milk
- hemp milk
- fennel tea
- chamomile tea
- raspberry leaf tea
- roasted dandelion tea
- rooibos tea

FATS + SWEETENERS

- olive oil
- coconut oil
- ghee
- butter
- lard
- local raw honey
- maple syrup
- yacon syrup

EASY SNACKS

- dried figs
- dried apricots
- dates with almond butter
- rye chips with nut butter, cheese or avocado
- nori with tahini
- banana
- trail mix
- yogurt with fruit and seeds

PROTEINS

- bone broth
- chicken breasts or thighs
- ground beef
- turkey sausage
- duck
- bacon
- cottage cheese
- kefir
- hemp seeds
- chia seeds
- spirulina
- red lentils
- mung beans
- salmon
- raw cheese
- full fat yogurt
- chickpeas
- amaranth
- quinoa



COMPANIONSHIP

who can you call who will listen without judgement or advice?

who can you call when you want to shower and need someone to hold the baby?

who do you trust to take your baby for a walk?

who can you talk to about hard mothering decisions that you would not judge you?

who do you know who makes wholesome and nutritious food?

who could you call if you want someone to sit with you and hang out?

who do you know whose mothering you respect?

who would you like weekly visits from?

who is knowledgeable about local contacts for healthcare / wellness?



WELLNESS SUPPORT

keep this list on your fridge so that when you need the resource it is easy to find

**somatic
therapist**

name:

#:

pelvic care

name:

#:

**lactation
consultant**

name:

#:

**massage
therapist**

name:

#:

acupuncturist

name:

#:

**my OBGYN
or midwife**

name:

#:

**baby's
pediatrician**

name:

#:

**house
cleaner**

name:

#:

**postpartum
doula**

name:

#:

night nurse

name:

#:

**local
breastfeeding
support group**

name:

#:

**local mom or
play groups**

name:

#:

name:

#:

name:

#:



WHAT BRINGS YOU JOY

when you need a reminder of things you love

when you feel a little off, what gets you back on track? (walk, singing, reading, bath, etc)

list of audiobooks, shows, podcasts, etc for long nursing stretches:

