



FOURTH TRIMESTER

Self-care is essential to healing your mind, body, and soul after baby has arrived.

Even if you're sitting for 40 days you can join virtually to gently move and breathe.

I can provide you with the support you need to rebuild strength and heal your mind and body after birth.

Visit our site for full details!



HEALTHY MOMS CREATE
HEALTHY BABIES.

Prenatal & Postnatal
corrective fitness & yoga classes
women's health coaching programs.

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FOURTH TRIMESTER ESSENTIALS: CONGRATULATIONS ON YOUR NEWBORN!!

Rest and restore for as long as possible but at least 30-40 days. For quicker recovery.

Reach out to the support team you lined up! (cleaning, laundry, errands, food prep etc. - friends, family, postpartum doula)

Continue eating a well-balanced diet of warm and nourishing foods.

Continue your prenatal vitamins and minerals.

Stay hydrated. Breastfeeding moms 8 oz per feeding. Aim for 100 oz a day!

Check-up of vitamin levels, thyroid, ferritin/iron levels at 6 weeks appointment.

Patience with yourself and baby as you get to know one another.

Affirmation: I deserve to nurture myself every day!

Emotional Support. Find a support network, reach out for a reference or visit our mom's group.

Feeling overwhelmed? Reach out to our women's health coach for support.