



Bonnie M Griffin

POSTPARTUM DOULA

Prepared Postpartum

Topics to explore in your pregnancy to prepare for postpartum

1. Fatigue- 15 minute power naps, yoga nidra, safe co-sleeping
2. Fluids- Nourishing herbal infusions, herbal teas, herbal waters and homemade bone broth
3. Food- Food as medicine, Meal Trains, easily accessible in fridge, nutrient dense one handed snacks, cooler on the porch for food drop-offs
4. Placentophagy- ingestion, capsules, tinctures, etc.
5. Physical Activity vs. Rest- Moving to promote healing, cultural variations of the tuck in, endorphins as a result of movement
6. Fresh Air- Open the windows, getting outside even in the winter
7. Boundaries and Relationships- Have you had the hard conversations? If it's not a YES! its a hard no, preferences vs boundaries
8. Friends and Fun- Have a postpartum party! Women meant for connection and tend and befriend as a response to stress
9. The core issues of the postpartum time- isolation, boredom, overwhelm, loss of self, identity crisis
10. Create Your Village- Intact villages had 14 people to hold baby, baby wired for 4-5 close bonds
11. Martyrdom vs. Sustainable Parenting - are you self sabotaging?
12. Hire a Postpartum Doula!

WANT TO KNOW MORE ABOUT THE HOWS OF THESE TOPICS?

LET'S WORK TOGETHER!

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