



Self-Care for New Mamas

My Own Self-Care Needs (these are the things that make me feel like ME)

My Support Circle (these are the people, places or resources I trust)

Simple self-care when I am alone with my baby

- Lie on the floor with my baby and stretch
- Step outside for a few minutes or take a walk
- Close my eyes and take a few deep breaths
- Put on my favourite song and dance with my baby
- Write one line of gratitude about being a mother
- Hug my baby, my partner (or myself!)
- Call or text someone I love (and who loves me!)
- Think about something I'm looking forward to

Simple self-care when I am without my baby

- Take a bubble bath or an extra long shower
- Cook my favourite meal or bake something yummy
- Have a solo coffee date with myself
- Take a nap (without feeling guilty!)
- Go out for a walk alone (or with a friend)
- Read a book (that has nothing to do with babies!)
- Meet a friend for a coffee or a cocktail
- Plan a massage, pedicure or facial (even at home)