



Tell your doctor or call 911 if you have:  
Bright red **bleeding** beyond the third day **after birth**. **Blood** clots bigger than a plum. **Bleeding** that soaks more than one sanitary pad an hour and doesn't slow down or stop.

# WEEK ONE

## PPD

Signs: consuming sadness/guilt, lose interest in things, trouble making decisions

## WHAT TO EAT

- Salmon
- Low fat dairy
- Blueberries
- Brown rice
- Leafy greens

## BREASTS

Mature Milk comes in around days 3-5

## YOUR UTERUS

Will be half the size it was after you gave birth

## MOVE

Do ankle circles and arm raises to improve circulation

## REST

Spend the first 5-7 days resting in bed

Your uterus is healing a placenta sized wound, be patient and give it time



REMEMBER YOU SHOULD BE FEELING  
BETTER EVERYDAY AND NEVER FEELING  
WORSE

