Maternal Self-Care Tips

·Have a partner, parent, friend, or grandparent help with evening or nighttime care so you can get at least 4-5 hours of sleep at a time.

·Make time when baby is sleeping to do 15 minutes of yoga, or have a trusted adult watch the baby for 20 minutes while you go for a short walk

·Make sure you are taking time to eat a full meal while caring for baby

·Make time to brush your teeth and wash your face and have a trusted adult watch baby while you take a shower



Mental Health Social Support

·Doulas can help connect you to services and resources that will help with childcare, baby supplies, mental health support, and more

·Lactation counselors/consultants can help you with breastfeeding support, breastfeeding supplies, and connect you to more services and resources

·Have trusted family and friends help you with running errands, watching baby when they can, and help you to feel supported and less alone

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Support Resources

Doula Services

Oklahoma Birth Equity Initiative
www.okbirthequity.org

DoulaMatch
www.doulamatch.net

Oklahoma Health Care Authority
www.oklahoma.gov/ohca/doulas

Delighted to Doula
www.delightedtodoula.org

Kansas Doula Directory
www.ksdoulas.org

Lactation Services

Oklahoma Breastfeeding Resource Center
www.obrc.ouhsc.edu

24/7 Hotline
Call: 1-877-271-6455
Text: OK2BF to 61222

Kansas Breastfeeding Coalition
www.ksbreastfeeding.org

La Leche League, USA
www.lllusa.org

Scan the QR code for more information