



### **Prenatal Yoga Tip #4 - Postpartum**

Regardless of how much a woman has looked forward to their new baby and be it their first or fifth, a new baby rocks the world which we know. In addition to the enormous responsibility of a new life, a postpartum mother has to cope with a minimal of three months of unstable hormones, unpredictable for every woman and different for every pregnancy. It is great to remember that prenatal yoga has given you many tools to cope with the early days (or many years of parenting).

Breathing – Postpartum anxiety and stress are one of the most common emotions new mothers feel. It is important to remember how paying attention to our breath, and practicing slow rounded breathing, or your own favorite breathing exercise, not only calms anxiety and reduces stress but balances those ever wacky hormones. Breathing exercises can also be performed during breastfeeding as a way of relaxing your body for optimal feedings.

Listen to your body (especially your gut) – In the age of information (and overwhelming advice) it is often difficult to process what the current “proper” parenting method is. It’s important to remember, like yoga generally you know what’s best for your own body, and your own baby, and when you don’t find someone who supports you and gives you confidence. Rule of thumb: when you walk away from your support be it an individual or group, structured or un, you should feel better not worse.

Supports - as well as your own friends and family there are many free community supports including but not exclusive to : Ontario Early Years Centre <http://www.oeyc.edu.gov.on.ca/>; Healthy Babies/Healthy Children <http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/health/index.aspx>; and Mom and Baby yoga <http://www.bayshoeshoppingcentre.com/en/events/list>

Moola Bandha – Postnatal kegels are equally important as prenatal kegels, it is important to remember that postnatal moola bandha you relax the muscles on the inhale.

Most importantly...Enjoy – You Got This!