



babynest

BABYNESTBIRTH.COM

BIRTH SERVICES

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# POSTPARTUM LYING-IN CHEAT SHEET

## THE LYING-IN TIMELINE

- **Days 1-7:** Full rest mode - stay in bed, soak up baby snuggles, and let others care for you.
- **Days 8-14:** Light movement (short walks, stretching), but still no major housework!
- **Weeks 3-6:** Slowly ease back into daily life, but keep REST a priority.
- **Beyond 6 Weeks:** Listen to your body - healing is not a race!

## MY POSTPARTUM MANTRAS

- "I will stay in bed - my #1 job is to rest, heal, and bond."
- "I will lift nothing heavier than my baby."
- "I will limit visitors - this time is for my healing."
- "Accepting help is a strength, not a weakness."
- "I deserve as much care as my baby does."

## POSTPARTUM SURVIVAL MUST-HAVES

- ☐ **Resting space ready:** Pillows, blankets, water, snacks
- ☐ **Meal plan:** Prep freezer meals or set up a meal train
- ☐ **Support team in place:** Who is helping with meals, laundry, errands?
- ☐ **Hydration & nutrition:** Herbal teas, soups, and easy snacks
- ☐ **Boundaries for visitors:** No surprise visits, short stays only

## MY SUPPORT PEOPLE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_