

SIX-WEEK-POST-DELIVERY PLANNER

A Health Care Guide for New Mothers

YOU have spent nine months preparing for your baby's birth. You have probably read every book, article, and website to make sure you were eating right, exercising at the appropriate level, and taking the necessary vitamins and supplements. Your preparation has paid off ... Congratulations!

NOW that you have given birth, it is important to keep up the healthy habits you practiced throughout your pregnancy. Your doctor or nurse is the best resource for making sure you are on track. To get ready for your six-week post-delivery visit, review this planner and bring it with you to up check-up. Use it to discuss your health and well being with your doctor and nurse.

Diet, Nutrition & Exercise	Goals	Your Notes
<p>Weight Loss Returning to pre-pregnancy weight is a common concern and goal for women. Combining a healthy diet with exercise will help most women lose weight gradually during the months after delivery.</p>	<p>GOAL: Lose weight gradually</p> <ul style="list-style-type: none"> ▪ 4.5 lbs per month maximum after first post-delivery (Except high pregnancy weight) ▪ Be patient ▪ A minimum of 1,800 calories per day (You may need more if your breast feeding) ▪ Drink plenty of fluids (moderate caffeine intake, limited alcohol) 	
<p>Nutrition A well-balanced and nutritious diet is key for the health and - being of women throughout the post-delivery period. Nutrients such as calcium and iron are essential for women before, during, and after pregnancy. Vitamin and mineral supplements can help women ensure they consume the nutrients they need.</p>	<p>GOAL: 1,000-1,300mg of calcium daily</p> <ul style="list-style-type: none"> ▪ Food sources include low-fat and fat-free dairy products and green leafy vegetables such as broccoli, kale, and collards ▪ Most multivitamins and prenatal vitamins supply less than one-third of the 1,000mg, 300mg of calcium recommended daily. ▪ If food choices fall short of supplying the recommended amount of calcium, taking a calcium supplement, such as TUMS, with meals can help fill the calcium gap. <p>GOAL: 15-18mg of iron daily</p> <ul style="list-style-type: none"> ▪ Food sources of iron include lean beef, dried fruits, figs, tofu, oysters, and spinach ▪ You may require additional iron from an iron supplement when the interval between pregnancies is short. 	
<p>Exercise Exercise regularly after delivery and make it a part of daily life. The appropriate level of exercise will depend on your level of fitness and recuperation from delivery.</p>	<p>GOAL: Strengthen the pelvic floor and abdominal muscles; reduce the risk of urinary stress incontinence</p> <ul style="list-style-type: none"> ▪ Ask your doctor or nurse about performing Kegel exercises. <p>GOAL: Keep bones strong, tone and shape your body</p> <ul style="list-style-type: none"> ▪ Do weight-bearing exercises such as walking or cycling that complement calcium to maintain strong, dense bones ▪ If lactating, breastfeed before exercising to minimize discomfort. 	