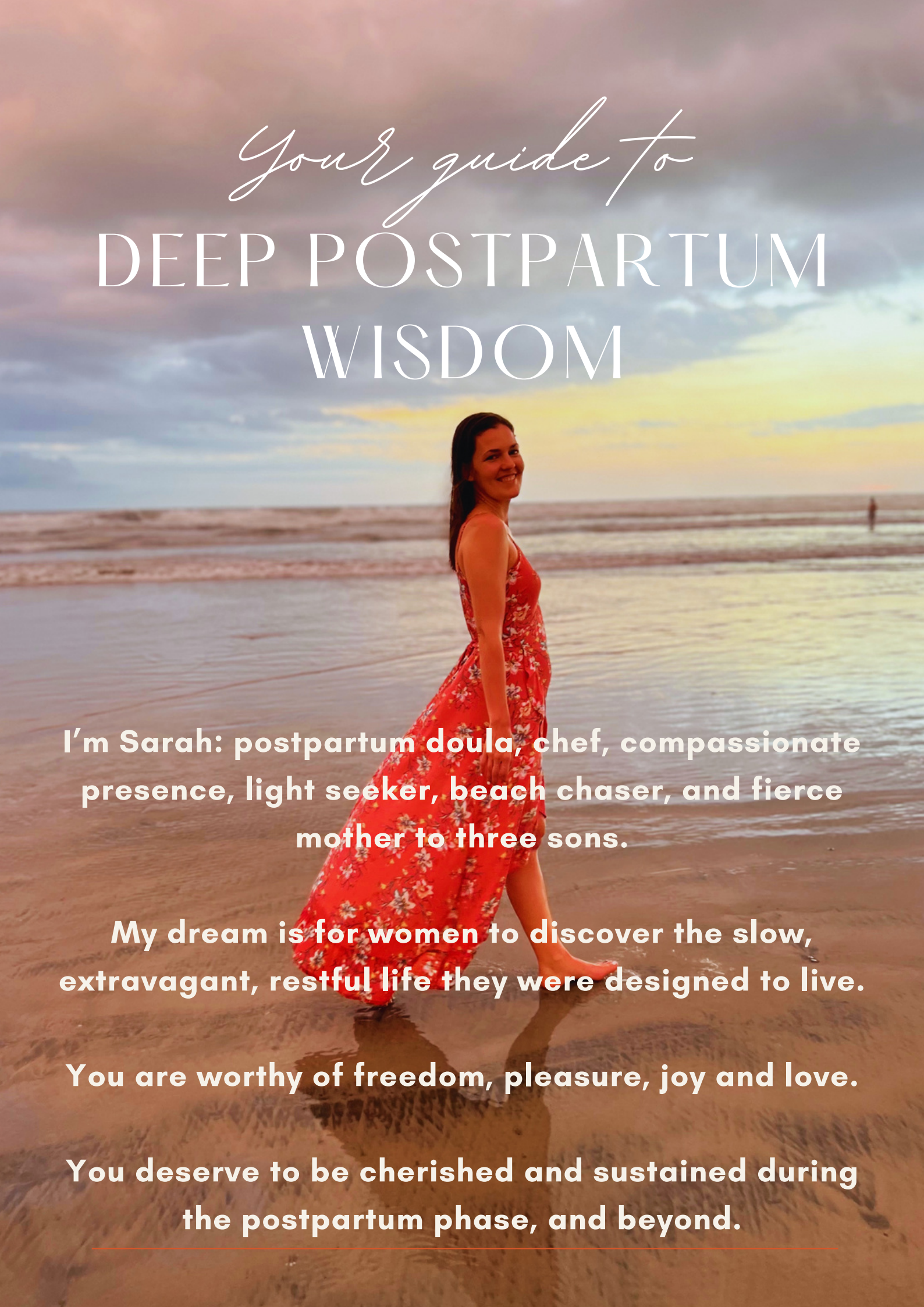


A woman with long dark hair, wearing a vibrant red dress with a white floral pattern, is walking barefoot on a sandy beach. She is smiling and looking back over her shoulder towards the camera. The beach is wet, reflecting the warm colors of the sunset. In the background, the ocean waves are visible, and a small figure of another person can be seen in the distance. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue.

Your guide to DEEP POSTPARTUM WISDOM

I'm Sarah: postpartum doula, chef, compassionate presence, light seeker, beach chaser, and fierce mother to three sons.

My dream is for women to discover the slow, extravagant, restful life they were designed to live.

You are worthy of freedom, pleasure, joy and love.

You deserve to be cherished and sustained during the postpartum phase, and beyond.

I have spent countless hours witnessing babies, mothers and families navigate through the stormy seas of life after baby arrives. Invited into homes during some of their most vulnerable moments. The intimate, overwhelming newness that comes with the birth of a child is a sight to behold. Truly sacred.

It's my great privilege to share the knowledge I wish I had when I was just starting out on this wild motherhood journey.

What was the environment of the womb?

Babies need familiar womblike sensations in their early months of life: Your touch, heartbeat, tone of voice, smell, and taste. Safety, warmth, nourishment, closeness, reassurance, comfort, guidance.

Rocking, swaying, soothing, humming, lulling, peace.

The needs of the mother are the same as the needs of the baby.

You require the same level of care as the newborn child.

You also need to feel safe, warm and held.

You are both raw and vulnerable.

The 6 weeks after birth are likely among the deepest transformations of your entire life.

What do you need to feel nurtured?

You have just completed an awe inspiring feat. No matter how they arrived, your baby is now in your arms.

Our basic needs as we heal, recover + adjust are being fed and being seen.

Create a comfy oasis in your bedroom. You will be spending lots of time here feeding + resting. Include things that feel calming: plants, dim lighting, clutter-free, access to sunshine, soft blankets + pillows

You and your baby both deserve rest and nourishment. Food is a powerful healer. It fills the stomach, senses and replenishes areas in need of comfort.

We are nourished when we feel connected to those around us.

Surround yourself with helpers who will feed and listen to you. Call upon partners, parents, neighbours, aunties, friends and doulas to form your care team. This intimate circle will bring fresh energy, practical help and encouragement.

Get comfortable asking for help! Be specific :

"Please deliver food quietly in fridge or leave outside the door.

No visitors, we're resting."

"Which morning can you take the toddler outside for a walk?"

"I need to talk about how hard this is, please don't offer advice, just listen."

"Can you care for baby while I take a shower?"

Do you believe you deserve this time of rest and healing?

Allow yourself to enter into a sacred act of self care.

Deeply rest + honour your postpartum journey. Stay in bed as much as possible. Keep your days simple. Eating, bathing, napping and basic survival may be the only things you accomplish.

Adjust your mindset: Recovery + bonding with my baby are enough. A new mothers energy is precious. Focus attention on your body + baby. Stop all your doing and simply receive. Enlist supporters and helpers to take over household and childcare duties.

Settle into stillness. Connect with yourself. Mark this magical moment. Revel with your partner in postpartum bliss. Allow partner + baby to find their own unique rhythm + bond. Slow down to hear your body's signals. Quiet your soul. Let yourself cry. Show your body grace.

It takes self love and patience to move through these early days and weeks. You will eventually emerge as a new version of yourself.

Complete healing, recovery or the idea that life will be suddenly easier after 6 weeks is a myth. Your body has gone through a massive physical and emotional shift. It may take years to feel fully recovered.

Go gently. Say no. Take your time.

How will you ride the waves of new motherhood?

Life with a new baby or babies will cause a rollercoaster of emotions. There will be literal blood, sweat and oh so many tears.

Overjoyed, relieved, overwhelmed, ecstatic, exhausted, isolated, intuitive, painful, powerful, wonderful, weepy, desperate, exposed, anxious, annoyed, awestruck, lonely, complicated, terrified, delighted, proud

Accept this growth and transformation. Let go of how you think things should be. Whatever you are struggling with, will pass. Take it one day, or even one hour at a time. Think back to the generations before you. They endured and made it through, and so will you. Chatting with an older family member or trusted friend can offer strength + an understanding of the lonely, hard, beautiful work you are doing.

Know when to seek help. If you are struggling with feeding baby, your mental or physical health, reach out to a professional.

Believe in yourself. Listen to your gut. Follow your instincts.

Perhaps you didn't have the slow and supported postpartum experience I just described, that's okay! Begin a ritual of rest today. Start by honouring yourself and all you have been through.

Imagine a world where women are supported, held and delighted in. Here are some ideas to bring peace into your life, no matter how old your children are.

hot shower or bath, light a candle, read a book, stretch, go for a walk, open a window, listen to music or podcast, call a friend, sip a hot drink, make a smoothie, self massage

journaling, dancing, singing, photography, baking, writing, gardening, making, art or crafting, designing, decorating, watch the sunset

dinner with a friend, massage, night away, spa visit, sauna or hot tub relaxation, workout

scream in the woods, humm, sing, shake, write a letter of confrontation, express anger through a poem

**I hope you find your power,
your voice and your worth in
the postpartum period, and
beyond.**

Women and families living from this place of
dwelling and settling into rest will spark a
movement. Our postpartum health + well-being
will impact the generations to come.
Let's create a more beautiful world together.



**I would love to hear from
you! Reach out and let me
know if this resonates.**

Sending love,

Sarah Louise

