

Your physical and emotional wellbeing after birth

9. Being prepared for your physical recovery after giving birth can help to get you and your new family off to the best start, I am aware of...

- ☐ physical changes to expect
- ☐ postnatal pain relief options
- ☐ the importance of hand hygiene
- ☐ signs of infection and what to do
- ☐ pelvic floor exercises
- ☐ physical recovery after a caesarean birth
- ☐ I am not sure/I would like to find out more

My thoughts, feelings and questions:

10. Giving birth and becoming a parent is known to be a time of great emotional change, being aware of how you might feel after birth can help you to prepare...

- ☐ I am aware of the emotional changes to be expected
- ☐ I have considered what my family/friends can do to support me
- ☐ I know how to access support with my emotional and mental health after giving birth
- ☐ I am not sure/I would like to find out more

My thoughts, feelings and questions:
