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# How To Care For Your Health After Having A Baby

Contributed by Webmaster

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Giving birth is one of the most beautiful thing a woman can experience and one of the most painful indeed (well, next to divorce if you consider that painful). But the moment the baby arrives, you will feel a certain kind of happiness not even marriage can capture. This should not be the reason to be carried away and ignore important details after delivery. Remember, personal health care is essential to keep the mother and baby safe from any kind of illness or disease.

True, you should give every ounce of your attention to your newborn baby but, this doesn't mean that you have to compromise your health in the process. Here are some tips on how to take care of yourself even after you have been discharged from the hospital.

## Rest

Giving birth can be quite exhausting. Give yourself time to rest. You can allot even a couple of weeks for you alone. If possible, do not let visitors in because this will add up to the exhaustion. If your baby is sleeping, grab that opportunity to take a quick nap. Let your husband do the chores for the meantime.

## Lifting precautions

As much as possible, lifting is prohibited but the baby's an exception. You are not allowed to lift something that's heavier than your baby's weight. This may add certain injuries especially if you just went out of the hospital or a surgical cut were performed either on your perineum or abdomen.

## Ask for help

Help after giving birth is gladly given by the family, relatives and friends. Let the people close to you know that you need their presence to get through tough starting times especially if your husband's at work. Simple chores like cooking, doing the laundry or babysitting can be done easily if you only ask for a little help. Surely, these people won't hesitate.

## Stay clean

Always wash your hands after doing something to decrease the risk of infection that can be passed on to your baby. Do this very often especially after visiting the John, feeding your baby or changing his diapers.

## Vitamins

If you're given by the doctor vitamins to recondition your health, never try to discontinue it unless the doctor says so. Prenatal vitamins are very important especially the ones containing supplementary iron.

## Healthy diet

It is always advisable to eat healthy because it will equate on living healthy. Discontinue any bad habits that you have before. Refrain from eating or drinking food rich in caffeine and alcohol. Your diet can also affect your baby's health especially if you're breastfeeding.

## Rehydrate

As what anybody is advised to do, drink at least 8 glasses of water everyday. You can also include milk and juice in your meals.

## Exercise

Strenuous activities aren't really advisable. Moderately, start with a simple walk around your neighborhood will do. Exercise can strengthen your body's performance and keep you physically fit.

## Visit your physician

This should be done right after a week of delivery. Always make an appointment to visit your obstetrician to know your present condition and what are the things that your still need to do or not to do.

Personal care of your health especially after pregnancy is very crucial for a mother and child relationship to flourish into one healthy image.

To read about hypertension facts and breast cancer facts, visit the [Health And Nutrition site](#).

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