



Post Birth Wellbeing Plan





Acknowledgments:

Sincere thanks to our colleagues in Dublin South, Kildare and West Wicklow for allowing us to replicate their inter-agency initiative *Minding Me, Supporting Expectant and New Mothers*.

Thanks to the South East Working Group including Tracy Nugent, Lisa Crawford, Mary Frisby, Jennifer Woodbyrne, Stephanie Hayes and Janice O'Donoghue.

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Introduction

It's likely that you received this workbook because you're expecting a baby or have recently given birth. Congratulations!

While becoming a mother can be a time of great joy, it can also be a time of huge change. After birth, your new baby usually becomes the sole focus of your attention. However, you also need care and support during this time. Remembering yourself and your own self-care is important for your wellbeing, and for that of your baby.

This workbook encourages you to think about and name some useful things (and people) that can help you adjust to your new role as a mother.

It is designed to help you to prepare for post birth (the time after your baby is born), but many of the suggestions around self-care and wellbeing are just as useful during pregnancy. The section on mental health difficulties may also help you during this time. Mental health difficulties in pregnancy can continue after birth, so if you feel you need support, please speak to your GP, your Midwife, or your Obstetrician. Getting help early gives you and your baby the best start on your journey together.

Remember, your needs matter too!

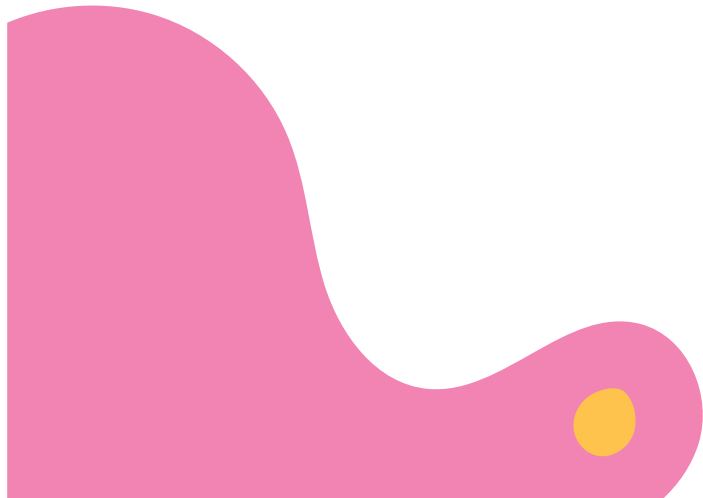


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1. General Wellbeing Plan



Nutrition



One of the most important things you can do for your wellbeing is to eat well. It's especially important to get good nutrition during the postpartum period (the time after birth). When we talk about nutrition, we don't mean dieting. We're talking about food that is nourishing and provides what you need to keep your body well. When babies arrive, we can focus so much on their feeding and other needs that we forget to look after our own. It can be hard to find the time to shop, and to make nutritious food. But it's important to mind your body. After all, it has worked so hard during pregnancy and continues to work hard in those weeks and months after birth.

Cooking and freezing meals before your baby arrives can be helpful. List some meals that you enjoy and would freeze well.



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Think about your favourite store cupboard essentials (foods with a long shelf life) that you can easily make into simple, nutritious meals or snacks. You can stock up on these handy foods before the baby arrives. List some items below.

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Friends and family can help out by agreeing to cook some meals for you before (to freeze) or after your baby arrives. List some people who you can ask to do this.

BEFORE:

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Friends or family members could help with food shopping after the baby arrives. List some people you can ask to help.

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AFTER:

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It's very important that you look after yourself as well as your baby, and friends and family are often happy to assist. So ask for help to prepare food while you're caring for your baby, or let someone else look after your baby so you can take the time to care for yourself.



Exercise



As a new mother, you may feel that caring for your baby leaves you very little spare time or energy to involve movement or exercise in your day. Movement plays an essential role in our wellbeing: it helps to reduce aches and pains, improves our mood, lowers anxiety, and helps us feel connected to ourselves and to others. It also helps you to physically recover after pregnancy and delivery. So try to make movement an essential part of your day during pregnancy and after your baby is born. Remember, **'Motion is Lotion' for the body and soul!**

What type of movement or exercise do you enjoy that might fit in with your lifestyle when you have your baby?

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Think about activities you like doing or might like to try, both with your baby and without your baby. Identify local places that you might like to go and people you might enjoy sharing these activities with.

(a) With your baby
(eg: Buggy walking/
in the park/with my neighbour)
Type of activities, where,
and with who:

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(b) Without your baby
(eg: Dance class/local community
centre/friend). Type of activities,
where, and with who:

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Do you know the recommended
Guideline Timescales for returning
to activity after having a baby?

**Gentle abdominal and pelvic floor
exercise?**

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**Pilates/Yoga after a caesarean
delivery?**

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You can find this information in the **POGP Patient Information Leaflets** and **Return to Running Guidelines**, which you can find in the supports and services section at the back of this workbook. These are all guidelines – don't feel under pressure to do too much, too soon. Remember, everyday movement like walking, light housework, and gentle stretching is the starting point. A good way to start connecting to your pelvic muscles (both before and after having your baby) is with simple diaphragmatic (belly) breathing. This can help you feel calm and rested, and also help activate your abdominal and pelvic floor muscles. **Remember, 'Pace it don't Race it'!** Be careful with higher impact activities for up to 6 months after birth due to the hormonal effects on the joints and ligaments. If you have any health concerns or symptoms during movement, like bladder weakness or pain in your pelvis, please seek advice from your GP, maternity care provider or health care professional.

Sleep



Sleep is an important part of your mental health and wellbeing. After the birth of your baby, you will need time to recover physically and emotionally from your labour and birth experience. Your new baby will also be getting used to the world, waking up often during the night to be fed and soothed. It's likely that after the birth of your baby, you will experience sleep deprivation. So it's important to try to prioritise your sleep. Aim to have a couple of hours of sleep in a row as often as possible. Try to sleep or rest while your baby is sleeping.

A key part of the solution is to recognise the importance of sleep for your mental health and to give yourself permission to ask for help. You do not need to do it all. **Caring for yourself helps you to care for your baby.**

Are there ways that you can get a few hours of uninterrupted sleep in a row? (e.g., having your partner or a relative take baby for a walk).

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Where can you get good information about baby's sleep or your own if you need it? (e.g., GP, Pediatrician, online – mychild.ie, etc.)

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Friends or family can help by staying over with you if you feel you need to get some extra sleep or just some extra support. List some people who you can ask to do this.

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Can you name some mams who you can go to for support around sleep?

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Time for Self

Getting time for yourself after your baby arrives is essential to your wellbeing. This is a time of huge change as you adjust to your role as a new mother. **It's easy to forget about your own wellbeing.** However, the better you care for yourself, the better you'll be able to care for your baby. Trying to have some time away from your baby to do things for yourself is important. It can help you to feel like yourself again. Of course, the things you choose to do may be different to what you did before you became a mother but that's OK. **The important thing is to find what works for you.**

What are some of the ways that you like to rest and recharge (e.g., read a book, watch a TV show)?

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Activities that you enjoy and can do alone (e.g., walking, cycling, photography, drawing).

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Activities you like to do with friends.

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Mini self-care activities: things you can do at home that don't need organising (e.g., taking a shower, painting my nails, breathing exercises, message or phone a friend).

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Self-care activities that are out of the house without your baby (e.g., night away, cinema, meeting with a friend).

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2. Emotional Wellness Resources

Some women may experience difficulties with their mental health in pregnancy and after birth. Knowing what to look out for and where to get help if you need it is important.

The good news is that most mental health issues that happen during this time can be successfully treated with the right support and/or intervention.

Baby Blues vs. Postpartum Depression

Baby blues are common in the first couple of weeks after the birth of your baby. However, if your symptoms continue for more than one month, you may be experiencing postpartum depression. Up to 1 in 7 mothers experience postpartum depression. It's easily treated, so it's important to seek help as soon as possible to ensure that you and your baby get off to the best start together.

SIGNS OF THE BABY BLUES

- Crying easily
- Feeling sad or anxious
- Feeling overwhelmed
- Mood swings
- Appetite problems
- Difficulty sleeping
- Usually lasts 1-3 weeks

SIGNS OF POSTPARTUM DEPRESSION

- Low mood
- Loss of motivation/interest
- Loss of pleasure in things you enjoy
- Crying easily
- Fear that you're not a good enough mother
- Not feeling connected to your baby
- Anger/irritability
- Difficulty concentrating
- Feelings of guilt, worthlessness
- Difficulty making decisions
- Hopelessness for future
- Thoughts of harming yourself or your baby
- Difficulty sleeping, even when your baby is asleep

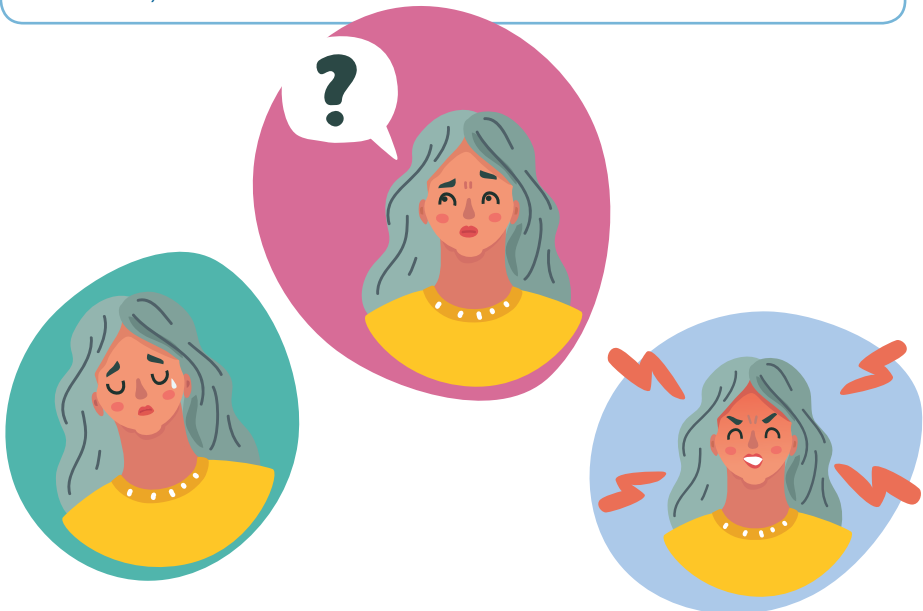


Normal New Mam Worry vs. Postpartum Anxiety

Some anxiety is normal, particularly in the early days and weeks after birth as you adjust to being a new mother and get to know your new baby. You may worry about harm coming to the baby, about feeding/sleeping routines, managing competing demands (other children/household, etc.), being a 'good enough' mother. However, if this anxiety causes you a lot of distress and interferes with your ability to cope day to day, then you may need some extra help. This can happen for 6% of pregnant women and up to 10% of postpartum women. With the right help, anxiety can be easily and successfully treated.

SYMPTOMS OF POSTPARTUM ANXIETY INCLUDE:

- Constant worry
- Panic
- Feeling 'on edge', as if something bad is going to happen
- Racing thoughts
- Inability to sit still
- Disturbances in sleep/appetite
- Physical symptoms (such as heaviness on chest, difficulty breathing, sweating, or nausea)



Birth Trauma

The birth of your baby may not happen the way you planned or wished for. Parts of the labour and birth experience may be traumatic for some women; intense or poorly controlled pain, emergency medical intervention or physical injury. The care and support you receive from maternity staff during this time is very important. It's important to know that your experience of trauma is based on how you feel about your birth experience, not on the outcome of the birth.

A traumatic birth can lead to feelings of disappointment, anger, or sadness. You may need support to talk through these feelings. For approximately 3% of mothers, a traumatic birth may contribute to Post-Traumatic Stress Disorder. If you are experiencing symptoms of PTSD, please seek treatment as soon as you can so that you can begin to recover.

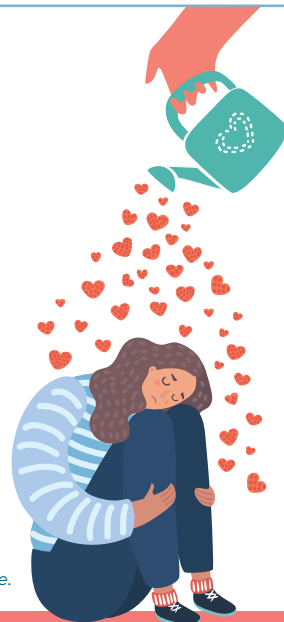
SYMPTOMS OF POST-TRAUMATIC STRESS INCLUDE*:

- Intrusive memories/flashbacks/nightmares about the birth
- Avoidance of thinking or talking to others about the birth experience
- Feelings of heightened anxiety/being on edge/irritable
- Hypervigilance about baby – constantly checking on baby to make sure they're still breathing, unable to leave baby even for short periods
- Low mood, tearfulness that lasts beyond 2-3 weeks postpartum

BIRTH REFLECTION SERVICE

A *Birth Reflection Service* is a listening service for women who have recently given birth. This service gives you an opportunity to talk through your birth experience. It helps you gain a clear picture of what happened during labour by providing factual information, and provides a space for you to work through your feelings/emotional experience. If you feel this service may be useful, please ask your maternity care providers if it's available at your maternity hospital.

*Please go to Section 3 for information on supports and services available.



Intrusive Thoughts

Intrusive thoughts are unwanted thoughts that pop into your mind out of the blue and cause discomfort or distress. Everyone experiences intrusive thoughts occasionally. These kinds of thoughts are common in the time after birth, especially if you suffer from anxiety or depression. The thoughts usually involve harm coming to you, your baby, or a loved one. At times, these thoughts may be accompanied by compulsive behaviours, such as checking or avoiding things that trigger the thoughts.

TYPES OF INTRUSIVE THOUGHTS

- Harming yourself
- Harming your baby/partner (e.g., accidentally dropping the baby down the stairs)
- Intrusive sexual thoughts (e.g., doing something sexually inappropriate when changing your baby's nappy)

MYTHS ABOUT INTRUSIVE THOUGHTS

- ✗ All thoughts are meaningful
- ✗ Intrusive thoughts are a reflection of your wishes/desires
- ✗ An intrusive thought will lead to an action
- ✗ You are the only person that has these thoughts
- ✗ Intrusive thoughts mean you are a 'bad person'
- ✗ Intrusive thoughts mean you are 'going crazy'

WAYS TO COPE

- » Talk about the thoughts with someone you trust—maybe a friend, family member or a health professional
- » Acknowledge that thoughts are just thoughts and not facts
- » Avoid trying to stop the thoughts or push them away. If you can, just note the thoughts are not actual facts. In this way, they will usually pass more quickly
- » Avoid thinking about what the thoughts say about you
- » Expect the thoughts may happen again
- » Remember, intrusive thoughts are automatic – they just happen



Getting Help

Where to get help if you need support with Postpartum Depression, Postpartum Anxiety, Post-Traumatic Stress Disorder, or Intrusive Thoughts.

If you feel you need extra support, please talk to a family member or friend and speak to any of the professionals below (include their name and contact details if you know them):

Your GP

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Your Public Health Nurse

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Your Midwife

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Your Obstetrician

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(Please see the list of services at the back of this workbook for additional sources of support)



Emotional Wellbeing Plan



It's important to know the signs that you may be experiencing a mental health difficulty. If you feel that you're struggling, it is important that you talk to someone and seek help as soon as possible. Once you get the right help, you will recover and get back on track in your relationship with your new baby.

What are the warning signs for you that you're not feeling like yourself and you need extra support?

If you've experienced mental health difficulties in the past, you may be familiar with these signs. List them below.

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What services or supports can you access if you need some extra support? (include phone numbers)

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What family members or friends do you feel comfortable talking to if you're struggling emotionally?

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Who are the people (services or family/friends) you can reach out to in a crisis? (include phone numbers)

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Emergency Department

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Know the Signs

- I don't feel like myself*
- I feel disconnected from everyone*
- The things that I used to enjoy don't make me happy*
- I feel like something is wrong*
- I don't feel a connection with my baby*
- I can't stop worrying*

If you can't recognise these signs in yourself, your partner, a close family member, or a friend might. Share this list and ask them to tell you if they see any.



3. South East Services



South East Services

Your General Practitioner

Your GP can offer a range of supports, and can refer you to specialist services if required, visit: <https://www2.hse.ie/services/find-a-gp/>.

CAREDOC in the South East is the GP out of hours service, you can contact this service on: **0818 300 365**.

If you need urgent help, you can also call the Emergency Services on **999** or **112** or go to the Emergency Department of your nearest hospital.

Your Local Hospital

Carlow/Kilkenny: St. Luke's Hospital **Tel: 056 771 7036**

South Tipperary: Tipperary University Hospital **Tel: 052 617 7000**

Waterford: University Hospital Waterford **Tel: 051 842 000**

Wexford: Wexford General Hospital **Tel: 053 915 3313/053 915 3314**

Your HSE Public Health Nurse (PHN)

The Public Health Nurse (PHN) will visit within 72 hours of discharge from hospital following the birth of your baby to assess mother's wellbeing, providing support and advice on feeding your baby including breast feeding, sleep, safety and all baby and mother care. They also provide child development assessments, health promotion and parenting information.

Local Primary Care Centre details are available here:
<https://www2.hse.ie/services/primary-care-centres/>.

Specialist Perinatal Mental Health Services (SPMHS)

This service provides assessment and treatment to pregnant women and women with a baby up to 1 year old who have pre-existing or new mental health difficulties. The service provides support for those experiencing mental health difficulties. Depression and anxiety are the most common mental health problems during this time. Your Obstetrician, Midwife or GP can refer you.

Perinatal Mental Health Midwives are available in all maternity units/hospitals in the South East. They offer a specialist service including mental health assessment and support for mild to moderate mental health problems. They also work with your GP and local Liaison and Community Mental Health Services as necessary.

Further information is available here: <https://www.hse.ie/eng/services/list/4/mental-health-services/specialist-perinatal-mental-health/>

South East Services

Perinatal Mental Health Midwives/Practitioners

Carlow/Kilkenny:

Stephanie Hayes, Perinatal Mental Health Midwife, St. Luke's Hospital
Email: Stephanie.hayes3@hse.ie | Phone: 087 609 1105

South Tipperary:

Janice O'Donoghue, Perinatal Mental Health Midwife,
South Tipperary University Hospital
Email: Janice.ODonoghue@hse.ie | Phone: 087 337 2380

South Tipperary:

Lisa Crawford, Registered Advanced Nurse Practitioner,
HSE Perinatal Mental Health Primary Care Service
Email: Lisa.Crawford@hse.ie | Phone: 052 618 7684/087 779 2740

Waterford:

Mary Frisby, Perinatal Mental Health Midwife, University Hospital Waterford
Email: Mary.Frisby@hse.ie | Phone: 087 405 3543

Wexford:

Jennifer Woodbyrne, Perinatal Mental Health Midwife, Wexford General Hospital
Email: Jennifer.Woodbyrne@hse.ie | Phone: 087 101 6096

HSE Social Inclusion

HSE Social inclusion operates across the South East in a bid to reduce inequalities in health and improve access to mainstream and targeted health services for minority groups in Ireland.

HSE Social Inclusion provides a range of services to support the following: addiction, homelessness, intercultural health (including protection applicants, refugees, Ukrainians and migrants), Irish Traveller's and Roma and the LGBTI community (Lesbian, Gay, Bisexual and Transgender).

Phone: 051 848 680

Counselling and Psychotherapy

The HSE National Counselling Service is available across the South East. Counselling is available in person, by phone or by online video.

For more information visit: <https://www2.hse.ie/mental-health/services-support/supports-services/>.

Alternatively, to find a private qualified clinical/counselling psychologist in your area visit: www.psychologicalsociety.ie and for private counsellors or psychotherapists go to www.iacp.ie.

South East Services

Domestic Violence Services

Carlow: Women's Aid

Web: <http://carlowwomensaid.ie> | **Phone:** 059 917 3552

Kilkenny: Amber Women's Refuge

Web: <https://amberwomensrefuge.ie> | **Phone:** 056 777 1404

South Tipperary: Cuan Saor Women's Refuge

Web: <https://cuansaor.org> | **Phone:** 052 612 7557

Waterford: Oasis House Women's Refuge

Web: <https://www.womensaid.ie/services/local/waterford> | **Phone:** 051 370 367

Wexford: Wexford Women's Refuge

Web: <https://wexfordwomensrefuge.ie> | **Phone:** 053 912 1876

Family Resource Centres (FRC)

Family and Community Resource Centres operate throughout the South East using a community-based approach to family support. Your local FRC can provide you with access to parenting support, group and social activities for you and your baby as well as low cost counselling.

You can visit: <https://www.familyresource.ie/> for more information on what is available in your area.

Carlow

- » Bagenalstown FRC, **Phone:** 059 972 2028
- » Forward Steps FRC, **Phone:** 059 915 2776
- » St. Catherine's Community Services Centre, **Phone:** 059 913 8700

Kilkenny

- » Droichead FRC, **Phone:** 056 775 5660
- » Fr. McGrath Centre, **Phone:** 056 775 1988
- » The Mill FRC, **Phone:** 056 883 8466
- » Newpark Close FRC, **Phone:** 056 7723309

South Tipperary

- » Carrick on Suir CRC, **Phone:** 051 642 418
- » Clonmel CRC, **Phone:** 052 612 9143
- » Knockanrawley CRC, **Phone:** 062 52688
- » Millennium FRC, **Phone:** 052 915 7992
- » Spafield FRC, **Phone:** 062 63622
- » Three Drives FRC, **Phone:** 062 80831



South East Services

Waterford

- » Brill FRC, **Phone: 051 350 100**
- » Sacred Heart FRC, **Phone: 051 306 728**
- » St. Brigid's FRC, **Phone: 051 375 261**

Wexford

- » Gorey FRC, **Phone: 053 948 9017**
- » Raheen FRC, **Phone: 051 442 888**
- » Southend FRC, **Phone: 053 912 6027**
- » Southwest Wexford FRC, **Phone: 051 389 418**
- » Taghmon FRC, **Phone: 053 913 4465**

Barnardos

Barnardos Children's Charity provides services to children and families in the heart of local communities. Services include partnership with parents, family support, teen parenting programmes and parent and toddler groups. For additional information on Barnardos services visit: www.barnardos.ie.

- » Carlow Family Support Project:
Phone: 059 913 2868
- » Clonmel Family Support Project (*South Tipperary*):
Phone: 052 617 0665
- » Waterford City Family Support Project:
Phone: 051 844 140
- » Dungarvan Family Support Project (*Waterford*):
Phone: 058 45331
- » Waterford Barnardos Student Mothers Group:
Phone: 051 844 140
- » Wexford Family Support Project:
Phone: 053 923 6342
- » Wexford Teen Parent Support Programme:
Phone: 053 923 6342



South East Services

Tusla

Tusla, the National Child and Family Agency, provide services and supports throughout every county in the South East. Parenting24seven is an initiative that explains key messages on what works best for children and families at different ages and stages.

For more information visit: <https://www.tusla.ie/services/family-community-support/parenting-24-seven/>.

Parent Hubs in the South East are Tusla funded initiatives that provide a one-stop shop for general advice on parenting related queries. The Hubs support parents in the South East by connecting or signposting them to local service providers, who can meet their identified needs, within their own locality, and in a timely way.

Carlow: <https://www.facebook.com/carlowparentshub/>

Kilkenny: <https://www.facebook.com/kilkennyparentshub/>

South Tipperary: <https://www.facebook.com/southtipperaryparentshub/>

Waterford: <https://parenthub.brillfrc.ie/>

Wexford: <https://www.facebook.com/wexfordparentshub>

Social Prescribing

Social Prescribing can support you to improve your health and wellbeing by linking you with non-clinical supports, services and activities in your community. If you need support for your mental health or feel lonely or isolated you can access Social Prescribing in every county in the South East.

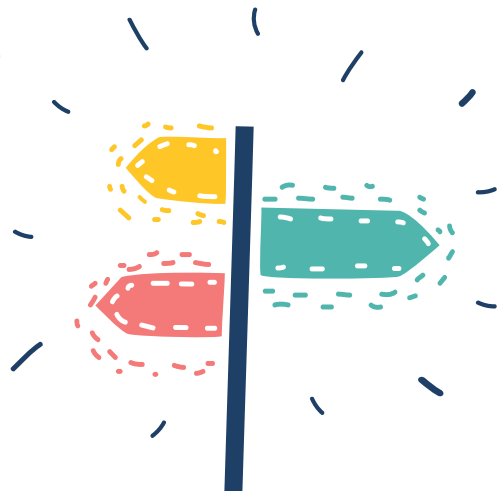
Carlow: Phone: 086 414 7511

Kilkenny: Phone: 086 065 4694

South Tipperary: Phone: 052 612 9143

Waterford: Phone: 089 250 1413/089 491 7360

Wexford: Phone: 087 212 4244



South East Services

HELPLINES AND WEBSITES

Cuidiú offers childbirth education, postnatal support, breastfeeding support and local meetings and events.

Web: www.cuidiu.ie

Drugs.ie provides information and support on drug and alcohol use.

Helpline: 1800 459 459 | **Web:** www.drugs.ie

HSE Online Breastfeeding Support provides advice and support on starting breastfeeding, hygiene tips and answers common breastfeeding questions.

Web: <https://www2.hse.ie/babies-children/breastfeeding/>

My Child provides a guide to pregnancy, baby and toddler health; trusted information from experts; and, signposting to health services and supports.

Web: <https://www2.hse.ie/my-child/>

One Family provides support and information for people parenting alone, sharing parenting and for those separating.

Ask One Family Lo-Call Helpline: 0818 662 212 | **Web:** www.onefamily.ie

Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues.

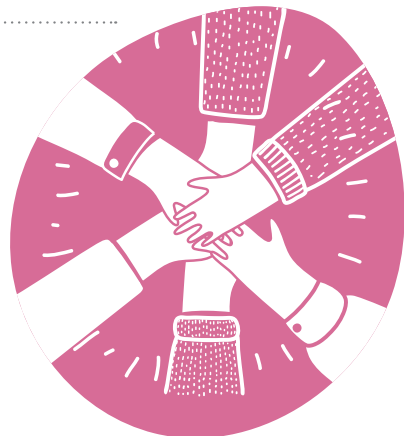
Phone: 01 873 3500 or 1890 927 277 | **Web:** www.parentline.ie

POGP: Pelvic, Obstetric and Gynaecological Physiotherapy contains useful information on physical health in pregnancy and post birth.

Web: www.thepogp.co.uk/

Postnatal Depression Ireland provides support, help and friendship to those suffering from the effects of Post Natal Depression.

Phone: 021 492 2083 | **Web:** www.pnd.ie



South East Services

Pregnancy and Infant Loss Ireland is a website that provides information on pregnancy and infant loss, and bereavement supports available in your maternity hospital.

Web: www.pregnancyandinfantloss.ie/bereavement-teams.

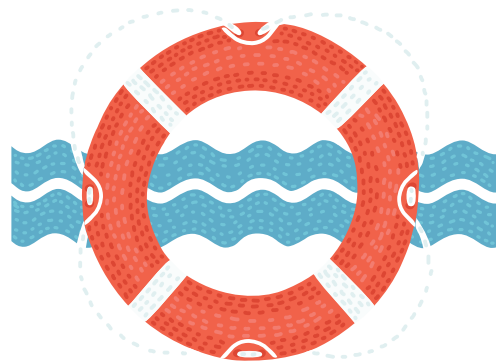
For information on other bereavement, supports and services available in the community please visit www.pregnancyandinfantloss.ie/support-links

Return to Running Guidelines

Web: www.blogs.bmj.com/bjbm/2019/05/20/ready-steadygo-ensuring-postnatal-women-are-run-ready/

Women's Aid offers confidential information, support, and understanding to women who experience abuse from current or former boyfriends, partners, or husbands.

24 HOUR HELPLINE: 1800 341 900 | Web: www.womensaid.ie





your
mental
health.ie

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie provides information on and signposting to mental health supports and services that are available locally and nationally. This includes services provided by the HSE and its funded partners. You can also call the Freephone Information Line on **1800 111 888**, anytime day or night.

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text about it

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SAMARITANS

yourmentalhealth.ie
Information | Support | Services

HSE



Connecting for Life
South East Community Healthcare