



The For You series

🌸 AFTER-BIRTH WELLBEING

Your after-birth wellbeing toolkit

A few simple pages to share the nights, check in on your mood, name your helpers, steady yourself, and get ready for a doctor. The companion you fill in yourself, in the early weeks after birth.

Who this is for: a new mother in the weeks after birth, and anyone caring for her.

Cited: peer-reviewed research on wellbeing after birth.

Languages: English, Hindi, Marathi, and Kannada.

Read it free at weave.clinic/family

✿ SHARE THE NIGHTS

My rest-and-feeds plan

✿ IN SHORT

Broken sleep in the weeks after birth often goes hand in hand with low mood, and the mothers with the least help and the most tiredness struggle the most. So protecting your rest is real care for your mind, not a luxury. Plan the feeds and nights as a team, not alone.

Write down who takes which feed and which night, so the load is shared and you are not the only one awake every time. A partner, your mother, a sister, or a helper can take a bottle feed, a nappy change, or simply sit up so you can close your eyes.

Time of day	Who feeds or helps	How I will rest	Done
Morning			
Afternoon			
Evening			
Night, first half			
Night, second half			

More, if you want it

You do not need a perfect plan. Even one protected nap in the day, or one night feed handed to someone else, adds up. Sleep when the baby sleeps where you can, and let the small chores wait. The house work will keep. Your rest will not.

● TRY THIS

Fill one row tonight. Pick the single feed or night that tires you most, and hand just that one to someone you trust this week.

 A GENTLE WEEKLY CHECK

My mood-and-sleep check

 IN SHORT

A short, simple check with a few plain questions is a well-tested way to notice early if you are not doing okay after birth. It does not label you and it does not decide anything. It just helps you and your doctor see whether a closer look is worth it.

Once a week, sit quietly for two minutes and fill this. There are no right answers. A doctor is the one who reads what it means, not this page.

This week	My note, 1 (low) to 5 (good)	What I noticed
My mood most days		
My sleep, apart from the baby		
Enjoying things I used to		
Feeling close to my baby		
Feeling calm, not on edge		

More, if you want it ^

If your numbers stay low for more than a week or two, or they keep dropping, that is worth showing to a doctor or nurse. Bring this page with you. A pattern on paper says more than trying to remember it all in a busy clinic.

● TRY THIS

Choose one fixed time each week, maybe a quiet Sunday, and fill one row at a time. A half-filled check still shows you your own pattern.

✿ NAME YOUR HELPERS

My support map

✿ IN SHORT

Steady support in the early weeks, whether a partner, a family member, a nurse who visits, or another mother to talk to, lowers the chance of a new mother sliding into low mood. So it helps to plan ahead who can help with what , before you are too tired to ask.

You do not have to carry everything. In many homes, help is there but nobody has said out loud who does what. This map makes it clear, so asking feels less like a bother and more like a plan everyone already agreed to. Never mind log kya kahenge; a rested mother is the best thing for the baby.

Hands at home.

Who can cook, clean, or hold the baby so you can rest? Write their names and the days they can come.

Someone to talk to.

Who listens without judging, maybe another mother who has been through this? Keep their number close.

Health help.

Your doctor, a nurse who visits, or the clinic. Note who to call for a health worry, and the number.

The night shift.

Who shares the night feeds or the early mornings so you get an unbroken stretch of sleep?

One thing I will ask for help with this week write it plainly, small is fine

● TRY THIS

Fill in even two names today. Then send one short message asking for one specific thing, like "Can you take the Tuesday evening feed?" A clear small ask is easy to say yes to.

 WHEN IT ALL FEELS TOO MUCH

My calm-down card

 IN SHORT

When your chest is tight or your thoughts race, a few slow breaths tell your body it is safe. This is a small tool you can use anywhere, one hand on the baby, while you wait for help, or in the quiet of the night.

Keep this card where you can see it. When a wave hits, work down the steps slowly. It is normal for the early weeks to feel overwhelming at times; a calm minute does not fix everything, but it gives you room to breathe.

Step	What to do	Done
1	Breathe in slowly through the nose while you count to four	
2	Hold gently for a count of four	
3	Breathe out slowly through the mouth for a count of six	
4	Name five things you can see around you, out loud or in your head	
5	Feel your feet on the floor and your back against the chair	
6	Repeat until your shoulders drop a little	

More, if you want it ^

If frightening thoughts come, or you feel you might not be safe, this card is not a substitute for help. Put the baby somewhere safe, call someone you trust, and speak to a doctor or a helpline the same day. Reaching out early is a sign of strength, not weakness.

● TRY THIS

Try the breathing once now, while you are calm, so it is familiar when you really need it. Practice makes it easier to reach for in a hard moment.

✿ BEFORE YOUR NEXT VISIT

My doctor-visit prompts

✿ IN SHORT

A few minutes of getting ready helps a short visit go further. Write your questions down before you go, because a busy clinic and a tired mind make it easy to forget the very thing you meant to ask.

Bring this page to your check-up, or your baby's. You are allowed to ask about yourself too, not only the baby. No question is too small.

My questions for the doctor write the ones that matter to you

Things it can help to mention (tick any that fit):

☐ My mood or sleep has been low for more than a week or two

☐ I feel very anxious, on edge, or unable to relax

☐ I am finding it hard to feel close to my baby

☐ I am not eating or resting, even when I have the chance

☐ I have had frightening or unwanted thoughts

☐ I want to know who I can call between visits

● **TRY THIS**

Fill in one or two questions the night before. Even a single written question makes sure the thing worrying you most gets said out loud.

 WHEN TO CALL FOR HELP

My red-flag list

 IN SHORT

Most low moods after birth ease with rest and support. But if low mood, hopelessness, or frightening thoughts do not lift, reaching out early to your doctor, a nurse, or a helpline genuinely helps, because the care that catches these things early is the care shown to work. You are not a burden for asking.

Keep this list somewhere you will see it. If any of these are true, call your doctor, a nurse, or a helpline the same day. If you or your baby are in danger right now, treat it as an emergency and get help at once.

- ☐ Low mood or crying that does not lift after two weeks, or keeps getting worse

- ☐ Feeling hopeless, empty, or that things will never get better

- ☐ Unable to sleep even when the baby sleeps, or sleeping far too much

- ☐ Frightening or unwanted thoughts, or thoughts of harming yourself or the baby

- ☐ Feeling you cannot care for your baby or yourself

- ☐ Any moment where you feel you or your baby may not be safe

● TRY THIS

Write your doctor's number and one trusted person's number at the top of this page now, while things are calm, so you do not have to search for them in a hard moment.

WHERE THIS COMES FROM

Lin-Lewry M. Trajectories of sleep quality and depressive symptoms in women from pregnancy to 3 months postpartum: a prospective cohort study. *J Sleep Res*, 2023. doi.org/10.1111/jsr.13918

Levis B. Accuracy of the Edinburgh Postnatal Depression Scale (EPDS) for screening to detect major depression among pregnant and postpartum women: systematic review and meta-analysis of individual participant data. *BMJ*, 2020. doi.org/10.1136/bmj.m4022

Dennis CL. Psychosocial and psychological interventions for preventing postpartum depression. *Cochrane Database Syst Rev*, 2013. doi.org/10.1002/14651858.CD001134.pub3

FURTHER READING

- NHS: Feeling depressed after childbirth
- WHO: Maternal mental health

A tool to fill in, not a test. There are no grades here. Bring it to a doctor who knows your history.

-
- Feeling like it is all too much? **Read the crisis card.** Help is one page away.