

Thrive Postpartum

Challenge

BACK-TO-WORK

Create a plan for your transition back to work.

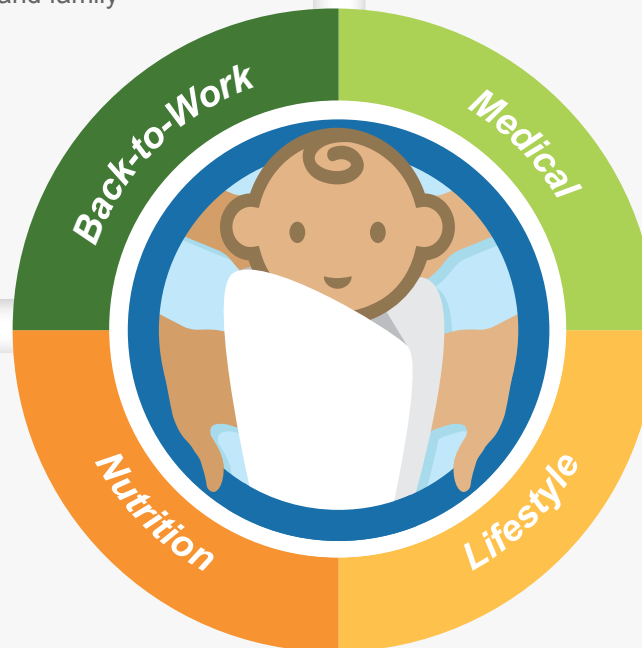
- Research options to lengthen your parental leave if desired
- Make a decision on childcare so that you can return to work smoothly
- Create a plan to pump and store breast milk at work and begin practicing before you return
- Consider supplementing your baby with formula during the day and continue to breastfeed in the morning, after work, and through the evening
- Consider flex time and working from home as you transition to balancing work and family



MEDICAL

Take care of your health after the birth of your baby and as you recover postpartum.

- Follow treatment guidelines for postpartum care
- Manage common discomforts after delivery
- Access a lactation consultant for support as you initiate breastfeeding
- Keep your postpartum and well-baby appointments
- Be aware of postpartum depression and get help if you are impacted
- Plan for contraception and wait to resume sexual activity until after your postpartum appointment



NUTRITION

Consume healthy foods, beverages, and vitamins to support recovery and breastfeeding.

- Eat nutrient rich foods: fruits, vegetables, whole grains, and lean protein
- Consume an additional 450-500 calories per day when breastfeeding
- Minimize sugar, refined grains, and trans fats
- Avoid foods that make your nursing infant gassy
- Consume 10-12 eight-ounce glasses of water a day
- Moderate caffeine beverages and enjoy directly after breastfeeding
- Continue prenatal vitamin if breastfeeding



LIFESTYLE

Lead a healthy lifestyle as you adjust to life as a parent.

- Avoid the use of tobacco and recreational drugs including marijuana, especially if breastfeeding
- Limit alcohol consumption and wait 2 hours to breastfeed after consuming occasional drink
- Exercise moderately and slowly increase activity
- Ask others for help so you can take care of yourself
- Get your rest, sleep when the baby sleeps during the day, and go to sleep early at night
- Carve out time with your partner and make time for other important relationships

Thrive Postpartum Challenge



Congratulations, you have just embarked on a new adventure with your newborn!

The Thrive Postpartum Challenge focuses on the final period of your pregnancy, what is called the postpartum period or the fourth trimester. This period of time can be both exhilarating with the arrival of your baby as well as exhausting as you adjust to the demands of parenting a newborn. This challenge is intended for new parents and encourages you to manage medical issues for mother and baby, make healthy lifestyle choices, pay attention to your sleep and relationships, decide on your back-to-work plans, and focus on healthy foods and beverages. Participating in this challenge will improve your well-being as you adjust to parenting your newborn.



Making the Pledge

We pledge to become familiar with what to expect medically after delivery for mother and baby, to keep medical appointments for well-baby and postpartum care, and be aware of the signs and symptoms of postpartum depression. We pledge to make healthy lifestyle choices, prioritize sleep when practical, pay attention to important relationships, and ask for help from our friends, family, and providers. We will think through our back-to-work decisions, and we will eat a balanced diet and drink plenty of water and healthy beverages to support our health and that of our newborn. We acknowledge the highs and lows of parenting and are prepared for the challenges ahead.

How the Challenge Works:

Each person of the partnership takes the challenge and jots down items in the 4 areas of the Thrive Postpartum Challenge that you are willing to learn about, take action on, and incorporate into daily living to ensure a healthy recovery and optimize the time with your newborn. Prioritize the most important changes by circling 4 items. Continue layering on additional items throughout the postpartum period that will contribute to your wellness and that of your developing child.



Medical

1. _____
2. _____
3. _____
4. _____
5. _____



Lifestyle

1. _____
2. _____
3. _____
4. _____
5. _____



Nutrition

1. _____
2. _____
3. _____
4. _____
5. _____



Back-to-Work

1. _____
2. _____
3. _____
4. _____
5. _____

Record your Thrive Postpartum Challenge activities:

Use a **check mark in the color-coded boxes** to record the days that you incorporated healthy Medical, Lifestyle, Nutrition, and Back-to-Work to help you thrive postpartum.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>