

FOUR TRANSFORMATIVE TIPS FOR SLEEP- DEPRIVED MUMS



MAMA
NURTURED.

REST IS ABOUT
DOING RESTORATIVE
ACTIVITIES THAT
POUR BACK INTO
YOU AND INTO
THOSE PLACES THAT
FEEL DRAINED,
FATIGUED, AND
DEPLETED.



1. CHANGING YOUR EXPECTATIONS

During the early months, your baby is going through a rapid period of growth and newborn sleep patterns are very unpredictable in the first 12 weeks of life and way beyond. These newborn months come with a “different” set of rules so it’s important to keep expectations real during this time.

Your baby will not have much consistency as to when and how long he sleeps throughout the day and night. He may sleep all day and want to be up all night as his day and night cycles (circadian rhythms) will not be set in the early weeks.

You’ll be more prepared if you expect that your baby will be waking every 2-3 hours. That means both day and night. Not only does your baby wake for feeds, but they want to be close to you for co-regulation, comfort and nurturing.

Responding to your baby provides life long positive mental health for your child.

The best thing you can do is change your expectations on baby sleep. Accept that rest may look a little different during the first year and more. Babies wake up and you are doing an amazing job by being responsive.

Please stop thinking you need to fix it, you are doing nothing wrong - this is normal biological infant sleep.

2. GETTING THE RIGHT NUTRITION



There are a number of vitamins and minerals your body might need to recover from pregnancy, birth and postnatal depletion. Although I always recommend finding a practitioner* who can test, tailor and recommend supplements specifically for you, there are some that would universally benefit new mums.

Vitamin B12: Supports energy production, cognition and nervous system regulation. It is also important for baby's growth and cognitive development.

Vitamin D3: It supports the immune system, brain, and nervous system and reduces risk of postnatal depression and anxiety. Vitamin D is actually a hormone which many people don't know. Exposure to the sun on your belly and thighs (without sunscreen) has been found to offer the best form of Vitamin D repletion.

Magnesium: Required in abundance to support nerve function, energy production, blood sugar stability, improve relaxation and feel-good brain chemical production and increase melatonin production, which aids sleep quality.

Iron: Involved in the production of haemoglobin in red blood cells, delivering oxygen throughout the body, supporting energy production, plus thyroid and hormonal health. Combine iron-rich foods with a source of Vitamin C for increased absorption.

- I offer postnatal recovery treatments where I test and tailor supplements just for you

3. SLOW DOWN WHILE THE BABY SLEEPS

Often you'll hear the phrase "sleep when the baby sleeps" recommended by well-meaning relatives and friends. This isn't particularly helpful if it's 9am and you can't physically sleep right now.

What might be better is thinking of this time as your chance to slow down. Rather than trying to get all the chores done around the home (you can do this while baby is awake and perhaps in a carrier), take this time to relax.

Perhaps lie on your bed next to your baby and rest your eyes, listening to some soothing music.

You could try reading a book. Or a magazine. Or listening to a podcast with your headphones on.

Meditation or a yoga practice might feel right to you. Could journaling help?

Would you feel better if you went for a walk in nature with your baby in a carrier or in the pram?

Whatever you do, put the laundry basket down. Make this time for you.



4. ASK FOR HELP & SET BOUNDARIES

It might feel like everybody wants to come over and hold the baby. But who is holding you? Many people will want to help you but they just don't know how to. This is your time to ask (and not care what they think of you). Discussing your expectations of them ahead of time may well work.

Could you ask your friends nearby to pop round with a dinner for you or something you can put in the freezer?

What would setting boundaries with visitors feel like? Could you let them know in advance how long you have available for a visit? Could you ask them to make the tea when they arrive? What about saying no?

Choose visitors who will not only look after you as a new mum, but those who will also make you feel supported in your parenting choices.

Only offer for them to cuddle the baby if you feel comfortable with that. If you don't, wear your baby in a sling so they are held in your cocoon instead.

Would investing in a postnatal doula be the right thing for your family for that extra support and for someone to hold space for you?

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