

# Caring For Yourself

*A guide to self-care after vaginal birth*

Once your baby is born, your body will change both physically and emotionally throughout the next year. Many of these changes happen in the first 6 weeks, called postpartum. Postpartum isn't a time of illness, but a time of healthy change. Some changes restore your body to its non-pregnant state. Other changes allow you to provide food, care, and love for your newborn.

This booklet tells you what to expect while your body is healing and changing. In addition to telling you about changes in your body, this booklet tells you ways to speed healing and prevent problems, when to ask for help or advice, and what you can do to take the best care of yourself.

*Updated 2005*

*Available in English  
and Spanish*



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***A Guide To Self-Care After Vaginal Birth***

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