

Taking Care of Yourself

Miscarriage is a relatively common experience—but that does not make it any easier. About 10-20% of known pregnancies end in miscarriage. It is important to grieve and to heal. Take care of yourself as best you can. Eat a variety of nutritious foods, find an enjoyable physical activity, and don't be afraid to ask for help.

Tips for Self Care:

1. Get a medical checkup for yourself.
2. Ask friends and family for help with housework and errands.
3. Take a bath or a walk — do something nice for yourself.
4. Engage in *enjoyable* physical activities.
5. Keep up the healthy habits you started while you were pregnant.
6. Keep yourself away from cigarette smoke and other harmful substances.
7. Once you feel ready for pregnancy after miscarriage, ask your health care provider for guidance.
8. Find a support group or seek help from a close family member or friend.



Postpartum Depression:

Also known as the postpartum blues or baby blues, this condition is common in women after pregnancy or miscarriage. Symptoms include:

- Excessive sleeping but still feeling exhausted
- Changes in appetite
- Loss of sexual interest
- Crying spells for no obvious reason
- Feelings of guilt, sadness, anger, despair and/or worthlessness
- Forgetfulness and poor concentration
- Difficulty making decisions

Talk to your doctor if you are having any of these symptoms. The faster postpartum depression is recognized and treated, the quicker you can get back to feeling like yourself again!



What should I eat after pregnancy?

Eating healthy gives your body more energy to help you get back to feeling like yourself. Try eating to hunger, if appetite is limited, try eating every few hours.

Aim to fill your plate:

- 1/2 plate with fruits and vegetables
- 1/4 of your plate with protein
- 1/4 of our plate with whole grains
- Some low fat dairy such as milk, cheese, and yogurt



Health After Pregnancy

The postpartum period typically includes 6 weeks after the pregnancy ends. It is important to care for yourself physically. Once you are feeling up for it, focus on getting your body moving with activities you enjoy such as dancing, walking, or swimming.

Quick Tips to Healthy Eating:

Try to have some easy snacks on hand such as fruits, veggies, hummus, nuts, crackers, peanut butter sandwich, hard boiled eggs, cheese, leftovers, or avocado toast.



Managing Constipation

Increase fiber intake by eating fruits and vegetables and beans. Whole grains also have fiber. Stay hydrated by drinking plenty of water.

Remember, you are not alone. Seek support from your friends, family, groups, or your local WIC agency. We are here for you!