

# 5-5-5 RULE

The 5-5-5 postpartum recovery rule is the perfect way to bond with your new baby and family. It can also help you recover safely to avoid postpartum injuries and reduce your risk of things like postpartum depression, anxiety, clogged milk ducts and mastitis. The basics of the rule consists of 5 days in bed, 5 days on the bed and 5 days around the bed.

## 5 days in the bed -

This is where you spend your first 5 days at home laying in the bed to fully rest as much as you can and only get up when it's essential, such as using the bathroom, or taking a shower. You should focus on resting, skin-to-skin and bonding with your baby, breastfeeding, napping, reading and more resting!

Ideally, your partner or support person will bring your meals and water right to you in your postpartum space. I know its hard for mamas, but really try to allow yourself to relax and be taken care of!

## 5 days on the bed -

For the next five days, it's suggested to spend them on the bed. This looks like doing other things other than solely resting, such as sitting up, having skin-to-skin and cuddle time with your baby on top of the bed, as this will help release oxytocin hormones to help you bond and breastfeed.

If you have an older child, this is a great way for you to spend time with them, reading books, doing puzzles, or maybe coloring, while not overdoing it. Or maybe moving to another cozy space in your house, such as a soft couch or chair. You're still resting plenty during this second five-day period, but you can give yourself more freedom to move around if you're comfortable.

## 5 days around the bed -

While your focus should still be on resting, during these 5 days, you can stand up and move around the bed. If you feel up to it, you may fold some laundry or other light activities around the bed, but try to limit standing to 30 minutes at a time, and of course listen to your body!



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## The 4th Trimester -

The postpartum period is commonly referred to as the 4th trimester because your body goes through just as many – if not more – exponential changes during this time as it does throughout the three trimesters of pregnancy.

Participating in the 555 rule helps ensure you are fully rested and not worrying about anything other than your and your newborn's well-being. Two weeks will fly by, so try to enjoy these slow days bonding with your baby as much as possible and focus on the recovery process.

The first days and weeks after giving birth might be a whirlwind, which is precisely why it's so vital to rest and recover as much as you can during this time after your body has been through so much.

Every woman's recovery from birth is different, so give yourself plenty of time to heal and form that incomparable bond with your little one. The 555 postpartum rule helps ensure that mom is given this time to make resting her primary focus.

New mothers' physical, mental, and emotional well-being requires the utmost support. Be sure to surround yourself with uplifting people who will help care for you and anything else that needs to be tended to during this time.

Don't try to do too much too fast – one of the very best things you can do right now is take care of yourself and rest so you can show up in all the ways you desire sooner rather than later.