

Mental Health Checklist for New Moms

During the past 7 days...

- ☐ I have been overly anxious or worried about little things
- ☐ I have been blaming myself for things that were not under my control
- ☐ I have been excessively sleeping or not sleeping at all
- ☐ I have been overly eating or not eating at all
- ☐ I have not been able to enjoy things that used to make happy earlier
- ☐ I do not feel connected to my child
- ☐ I do not feel like breastfeeding my child

Note

If you feel like any of the symptoms and you want to talk about it, please seek help from your nearest LADY HEALTH VISITOR (LHV).

Ensure that you are approaching a trained, qualified and credentialed staff.



Postnatal Exercises

Benefits

- Helps to regain the strength back
- Increases metabolism
- Helps to reduce pregnancy weight
- Strengthening of the pelvic

01: Deep Breathing

02: Interdigital Exercise

03: Coughing

04: Calf Stretching

05: Cross Leg Stretching

06: Kegal Exercises (Should be done after healthcare provider consultation)

07: Shoulder and Breast Stretching

08: Abdominal Tightening

09: Pelvic Rolling

Go to a doctor!



- Excessively feeling down and hopeless
- Extreme bleeding
- Infection/abscess
- Fever, and chills
- Non-stop vomiting



For any questions or information, please contact the Aga Khan Health Services Centre nearest to your area.