

HOW TO:

Postpartum Transitions



HEALING SPACES

A background image of green leaves on a branch, with a white rectangular box in the center containing text and a quote symbol.

“

All you can do is do the best you
can.

And you are doing great!

KELSEY GRIMM

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Kelsey is the founder of Healing Spaces and ridiculously passionate about Mental Health. Learn about what she cares about and what it is like to be supported by the amazing counseling team at Healing Spaces.

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Healing Spaces Founder, Kelsey Grimm

About Kelsey Grimm

Hello, my name is Kelsey!

I am the Founder of Kelsey the Counsellor, a counselling influencer brand dedicated to creating a community of mental health resources, and Healing Spaces, a clinical counselling practice based in British Columbia. I strongly believe in the power of the human spirit, the ability to overcome obstacles, and that the phoenix rises from the ashes.

I have witnessed brave people willing to face challenges, willing to learn, and willing to change. I believe my role is to support each person who wishes to grow, grow – who wishes to heal, heal – and who wishes to learn, learn. I support each person uniquely, and together we will face your current life challenges and move through them towards a brighter and better tomorrow.

xo Kelsey

About Healing Spaces



Healing Spaces Office in Kamloops, British Columbia

Healing Spaces provides a warm and welcoming place with our main focus on supporting you move towards the life you dream for yourself! We focus on counselling support for anxiety, depression, grief, trauma, chronic pain, and chronic illness.

We offer counselling to children, youth, adults, couples, parents and families in person in Kamloops , British Columbia and virtually all over British Columbia.

Our team of counsellors are well trained and experienced in multiple areas of counselling with different specialties. We offer in person and virtual counselling options, which allows our team to support you from the comfort and safety of your own home.

Why is postpartum so hard?!

Child-bearing parents

During your postpartum time, you are going through so many many changes. How can it not be hard! If it is your first child, you are learning all about how to be a parent. The learning curve is steep and the stakes are high! If you have littles at home already, this time of transition when you are welcoming this new bundle into your family brings other complications. It is a shift of dynamics for everyone – even fur babies.

Hormones are coursing through your body as your body starts to recover from delivery. Whether you pursue breast feeding or formula feeding, your body goes through transitions to attempt to develop milk – until it gets the message if you need it or not – and then other changes happen. The multiple factors that go into deciding about breast feeding are exhausting in and of themselves. On top of that, breastfeeding can come with so many challenges including milk supply, baby's latch and your experience of providing your child with nourishment.

Nighttimes become daytimes and daytimes become nighttimes as there is a blur of sleeplessness, fatigue, and attempts to soothe baby.

Non child-bearing parents

Please do not dismiss the impact of welcoming a baby home if you are not a childbearing parent. Research has shown that those that are close to and caring for baby do have changes to their hormones. It is our body's way of adapting to ensure we are attuned to baby's needs. Testosterone decreases and estrogen increases.

Additionally, if someone in your household did carry and birth a baby, you are no doubt trying your best to support them in their recovery. You want to help and yet might not know what to do. If no one in your home carried or birthed the baby, there are so many other complexities you are adapting to at home.

In essence – welcoming a baby home, no matter the complexities in your home – is challenging!

Why is postpartum so hard?!

Other complicating factors

Changes in your partnership

Yes, your attention and dynamic will change. Whether you are moving from "2 to 3 "or "5 to 6", the foundation of your home life changes significantly when we welcome our new bundle into our lives. We can't know exactly how these changes will impact us or our partner until we are there. Please remember, postpartum difficulties effect both child-bearing and non-child-bearing parents.

Your own expectations

We all have a hope/dream or loose idea of what we want our postpartum time to be like. Whether you dream of being able to lounge and have cuddles, or pack up and go for a stroll, you made those dreams without consulting or knowing your beautiful bundle! Your beautiful bundle was never consulted and some of your hopes/dreams might not work from them. Don't worry, they will let you know!

Family expectations

Welcoming your new bundle into the world is exciting for the extended family as well. Whether they are keen for newborn snuggles, want to cook you loads of food, feel they would like to pop over without notice, or expect you to come to them, it can be an added challenge to navigate familial expectations as you plan for a new baby.

I would encourage you and your partner to decide what works for you and make your desires abundantly clear to all extended family prior to baby so you can all have a clear picture of how your postpartum time will unfold regarding visitors. I mean we all know everything goes according to plan right!!!

Childhood memories

As you start to parent your beautiful bundle, you might be surprised that emotions or memories from your own upbringing that float up and catch you by surprise. You might have an urge to do things differently or you suddenly remember a lullaby that makes you teary.

It is very common to have memories that span the spectrum of emotions arise as you decide what type of parent you want to be and what type of environment you would like to provide for your bundle.

Why is postpartum so hard?!

Your journey before this baby arrived

Rarely, is it the case these days that boy meets girl, they fall in love and create a baby. It is much more common to have a more complicated relationship, to have ups and downs before arriving at a desire to create another being. Perhaps this was a surprise baby. Perhaps you have overcome numerous fertility challenges or other losses before welcoming a baby into your life. Perhaps due to body parts, you have had to get help in creating life.

Whatever your journey has been, those difficulties did exist. Sometimes loved ones can be so excited to get newborn cuddles they forget the path your life has taken to arrive at this moment. Perhaps you too would prefer to forget too if there was too much pain. Along with all the joy, however, there might be grief as well.

Whether you choose to remember or choose to suppress your experiences prior to your beautiful bundle arriving, your body remembers. Your body remembers all that you have been through and sometimes when we haven't truly grappled with or processed all that we have been through, our physical & emotional body reminds us along the way.

Sometimes the compounding effects of stress, trauma or grief leading up to welcoming your beautiful bundle can compound. You might have gone into pregnancy a bit depleted emotionally or physically from what came before. Your physical & emotional body might be recovering from more than the birth of a baby.

Your birth experience

Your Birth Experience

Perhaps you were one of the lucky ones where you had a birth plan and baby agreed to the terms! You moved through seamlessly as your labour progressed and your baby arrived within a reasonable window of time with minimal distress or pain to either of you. All the people whom you wanted to be there were there and no one that you didn't want was present at the time of your birth.

Perhaps you had a planned cesarean that went off without a hitch and your and baby's recovery went incredibly well.

If this was your experience – please pause now and take a moment for gratitude.

This is not the case for all people. 1 in 7 people have a 'traumatic birth experience'. There is so much going on that sometimes parents don't have a chance to process their traumatic birth because they are so excited and focused on their beautiful bundle. The traumatic birth becomes dismissed as 'wow that was tough' and isn't given the attention or space it deserves to be processed and healed from.

I will reiterate:

Your body remembers all that you have been through and sometimes when we haven't truly grappled with or processed all that we have been through it reminds us along the way.



Activity

Remember...

- 1) You are doing the best you can and that is all you can do.
- 2) Take a moment every day to say out loud to yourself or a trusted person what you did well today.
- 3) When you put baby to sleep at night, remember you kept them alive for one more day!
- 4) Take a moment or two when baby is settled and reach out to a trusted person and honestly share about the good and the difficult.

Intention to Action

Baby Steps

Next Steps

Is there anyone you can lean on for support?
Reach out to them!

Take note of the moment you felt connected to your little today.
Savour that moment.

Remember it is day by day.
Remind yourself you kept everyone alive today!

Pro tips

Have some help to prepare some meals.
Have some help to prepare some easy to eat and nutritious snacks.
Ensure you have your water bottle close by.

SLEEP WHEN BABY SLEEPS

Create a 'relaxation station'
- blanket, books, phone, water bottle, snacks, ipad all in a hands reach distance.



Resources



Playlist



Book/Article



App



Video



Podcast



Baby Brain Development

Listening to this felt like a spa

<https://open.spotify.com/playlist/5FawOTfwS8NbtuKM4zZah6>



Deandra Dey

A seasoned mumma

<https://open.spotify.com/artist/1uMKb5lj24r8Y7hDyWSYd2>



Babies - Thomas Balmès

This documentary is all about baby development across our world and different approaches to parenting.

<https://www.youtube.com/watch?v=aQEtpsmIUlIA>

The Boss Baby - Edie Mirman

A fun animated flick to give you a giggle!

<https://www.youtube.com/watch?v=Cimp-eTe3MU>



Motherkind

Amazing podcast for new and seasoned mothers

<https://www.motherkind.co/>



Birth Hour

Birth stories, breastfeeding & postpartum

https://podcasts.google.com/feed/aHR0cHM6Ly9iaXJ0aGhvdXIubGliY24r8Y7hDyWSYd2?sa=X&ved=0CAMQ4aUDahcKEwjA_K729sP3AhUAAAAAHQAAAAAQAQ&hl=en-CA



THANK YOU

Feel free to reach out if you have any questions! I am looking forward to chatting with you!



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