

## ■ Postpartum E-Journal ■

Because when a child is born, a mother is reborn too.



### Why This Matters

Birth is not just the arrival of a child — it is the rebirth of a mother. Each new life brings forth a new version of you. This journal is here to honor your healing, your power, and your transformation. You are not just surviving — you are becoming.

### Spiritual & Cultural Practices

Across Black and Brown traditions, postpartum healing is sacred. Waist beads symbolize femininity, grounding, and the cycles of life. Binding of the stomach has long been practiced to support the womb, restore muscles, and remind mothers that healing is both physical and spiritual. These practices connect us to our ancestors, to our bodies, and to each other.

■ *Mama G Doula Services*

■ Text "Doula Services" to 346-855-3305

■ Schedule a 1-on-1 or register for a class online

## Bonding with Baby

Bonding is more than feeding and holding. It's storytelling, singing songs from our culture, gentle touch, and eye contact. These moments build trust and love, carrying the rhythm of your family into your child's future. Write down moments of connection here:

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## Postpartum Depression

Postpartum depression can happen to anyone, and Black and Brown women often face unique barriers in getting support. It is not weakness. It is not failure. It is a condition that deserves care.

### ■■ Signs of Postpartum Depression:

- Feeling persistently sad, anxious, or empty.
- Trouble bonding with your baby.
- Withdrawing from loved ones.
- Feeling hopeless, guilty, or worthless.
- Not feeling heard by providers or dismissed when raising concerns.

### ■ If you are struggling, reach out:

Suicide & Crisis Lifeline (U.S.): Dial 988

Postpartum Support International Helpline: 1-800-944-4773 (Text 'Help' to 800-944-4773)

## Quick Care Checklist

■ Rest	■ Nutrition	■ Hydration
■ Mental Check-In	■ Movement	■ Boundaries