



Build Your Nest: A Postpartum Planning Workbook (Paperback)

By Kestrel Gates

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Workbook. Language: English . Brand New Book ***** Print on Demand *****. The Build Your Nest workbook offers expectant parents a postpartum planning process for having rest, support, and care after their babies are born. It gives plenty of guide posts, and yet supports people in finding their own way. They come through the process with a personalized plan, specific to their parenting style, family structure, and community. The workbook - honors this time with a new born as precious and sacred - addresses your needs for nourishment, rest, baby bonding, and community - supports you in personal reflection - affirms your inner wisdom and parenting styles - helps you uncover resources you may not realized were there - invites dialogue between you and your partner, supporting alignment The Workbook draws on traditional postpartum practices that honor new mothers with care with a focus on recovery and long term health. Specifically, I look to Chinese Medicine and traditional Asian practices that are about rest and warmth. The workbook guides you in setting up contingency plans for unexpected birth outcomes and challenges specific to the postpartum time. It offers information on cesarean recovery,...



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