



Some Guidance for Pregnant and Postpartum Mothers During COVID 19:

1. **Grieve.** It's okay to grieve that your pregnancy, birth, or postpartum experience is not what you planned. No one signed up to do this during a pandemic. Those feelings are valid and you should allow yourself to feel them.
2. **Find a fellow mom** who has a similar due date or baby of the same age. Only she can truly relate to this unprecedented situation. Moms Supporting Moms and other organizations can help you find this person.
3. **Manage expectations of family and friends.** Unfortunately, not everyone is on the same page about physical distancing and what it means. You and your partner should make your boundaries very clear ahead of time in terms of physical interactions.
4. Instead of physical interactions, you can set up specific times for FaceTime or Zoom video chats. You could also arrange for a “**look and see**” time for friends and family to come by and see you and the baby through a window or glass door. Also, remember to make time to connect for just you as well, without baby. You'll need some adult interactions.
5. **Begin and end the day strong.** It is difficult to have much of a schedule with a newborn, and even more challenging during this time of social distancing. So, I suggest you begin and end the day with certain activities to give you a sense of consistency and normalcy. For instance, every morning you might read a book out loud to baby or make a FaceTime call to family and then every afternoon or evening you might take a walk or bath/shower.
6. When thinking about the important parts of your routine, remember NEST:
N: Nutrition (make sure to eat and get enough protein)
E: Exercise (nothing major, but just move your body each day)
S: Support (see more in the next section)
T: Time for self (you need some time to yourself each day for doing something you enjoy or just taking a nap or shower. A healthy mom makes for a healthy baby, so we want you to feel good too.

Types of Support:

Physical support: friends and family can still drop off meals or have them delivered. This is possible to do and still keep physical distance. Leave a cooler on your porch or doorstep with a container of Clorox wipes or cleaning supplies. When a meal is dropped off, have them disinfect it as well. You can also have family send delivery services, etc.

Informational Support: There are many excellent organizations that are providing free informational support during this time: The Nurtured Nest, Postpartum Support International, and [SAFEchild](#).

Social Support: Join [Moms Supporting Moms](#) for a coffee chat on Tuesdays at 10 AM, call a friend, FaceTime family, contact Triangle Family Area Parenting about [joining a group](#).

Emotional Support: Moms Supporting Moms on Thursdays at 7 PM, or ask us for a mom pal.