

A Postpartum Guide for Partners and Support People

WHAT TO EXPECT

The first year after having a baby is a time of big changes—physically, emotionally, and socially. As a partner or support person, your care, patience, and support can make a big difference in helping the new mom recover and feel well during this important time.

HOW CAN YOU HELP

Validate & Listen

- Ask open-ended questions like: “How are you feeling today?”
- Avoid trying to fix everything—just being present matters.
- Validate feelings without judgment: “It’s okay to feel overwhelmed.”

Lighten the Load

- Take over household chores, errands, or baby care so the birthing person can rest.
- Encourage naps, hydration, and meals.

Watch for Red Flags

- Feeling emotional or overwhelmed after birth is common—this is called the “baby blues.”
- Baby blues usually go away within 2 weeks.
- If feelings last longer or feel intense (like sadness, worry, anger, or hopelessness), it may be something more.
- 1 in 5 new moms experience postpartum depression or anxiety.
- You’re not alone—help is available.

Encourage Professional Help

- Say: “You don’t have to do this alone. Let’s talk to someone together.”
- Offer to help schedule appointments or attend visits.

RESOURCES

Postpartum Support International (PSI)
Helpline (24/7): 1-800-944-4773
Text Support: Text “HELP” to 800-944-4773

📍 Website: www.postpartum.net

The 4th Trimester Project
📍 Website:
www.newmomhealth.com
Evidence-based tips for recovery

Local Support
Local therapists, support groups, doula services, or hotlines (ask or call your OB provider or local hospital for a list)

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TAKE CARE OF YOURSELF

Caring for someone after they've had a baby can be emotionally and physically challenging. It's normal to feel unsure, overwhelmed, or even alone at times. Remember, it's okay to need support too—your well-being matters and helps you care for your loved one.

Self-care Tools

Take short breaks
every day

Stay connect to friends
& family

Get enough sleep

Write down your
thoughts

Limit screen time

Go for a walk or
exercise

Focus on one thing at
at time

Eat regular, healthy
meals

Ask for help.
You don't have to have all the answers.

RESOURCES FOR PARTNERS

Postpartum Support International - For
Dads & Partners
👉 postpartum.net/help-for-dads
Articles, peer support, and chat groups
for non-birthing partners

PSI Online Support Groups
👉 [postpartum.net/psi-online-support-
meetings](https://postpartum.net/psi-online-support-meetings)
Free weekly virtual groups for partners,
dads, LGBTQ+ parents, and more

4th Trimester Project: Partner Toolkit
👉 newmomhealth.com
Includes guidance for partners
navigating postpartum