

## **Social Support**

It is extremely important to stay social during the first year post-birth.

Some examples of staying social include:

- Joining a local mama's circle
- Attend La Leche League meetings
- Ask relatives and close friends to come over for tea, lunch, dinner - once or twice a week. They can also bring the food
- Calling or Face Time relatives who are far way
- Date night - after the first 40 days

This is the time to lean on friends and family.

Seek expert advice, it can relieve a lot of stress to get professional guidance on anything that is concerning you. Do not hesitate to reach out.