



Postnatal Care

We understand how important it is for mums to heal and recover after the birth and how this can look different for everyone.

We have a few of our favourite resources to share to keep you healing while navigating the golden months with your bub. [Here's](#) some great tips for post birth recovery

MENTAL HEALTH

[Panda.org.au](https://panda.org.au) is an incredible resource for parents and families during pregnancy and in their first year of parenthood. They've got great mental health resources for postnatal care as well as a hotline when you need it.

TESTING IRON!

Postnatal fatigue might not just be from interrupted sleep.
Iron is needed for energy, healing and milk supply.

You can test your iron through i-screen for \$59 - [here](#) (no appointments needed)
<https://www.i-screen.com.au/tests/iron-test>

VITAMINS

It's important to keep taking your multivitamins as you're breastfeeding as your postnatal nutritional needs are still higher than normal. Here are two really great postnatal vitamins -

[HQ Intelligent Health - Post Birth Vitality](#)

[Naturobest - Trimester 2+3 + breastfeeding](#)

Postnatal Care is something we also work with quite a bit!
If you have any issues with insomnia, mastitis, pain or energy, let us know and we can find an appointment for you.

Babies are welcome in clinic too, just let us know!