

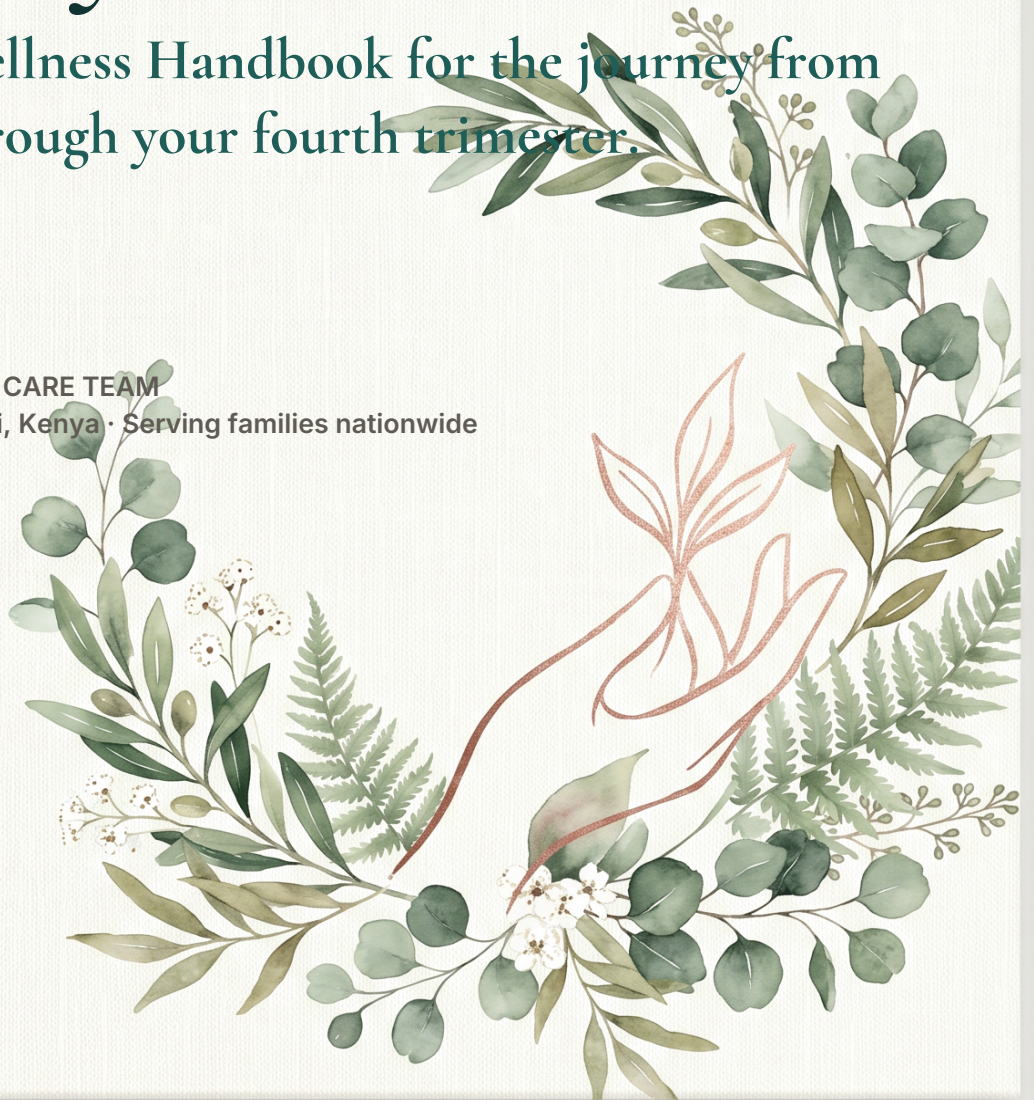
A FREE GUIDE FROM UZAZI WELLNESS CARE

# From Bump to Baby

The Uzazi Wellness Handbook for the journey from pregnancy through your fourth trimester.

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CREATED BY THE UZAZI CARE TEAM  
Headquartered in Nairobi, Kenya · Serving families nationwide



## A WELCOME FROM UZAZI

# To the mama reading this —

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Whether you are holding a positive test for the first time, deep in the discomfort of the third trimester, or sleep-deprived with a tiny human curled against your chest — you are exactly where you need to be.

This handbook is our gift to you. We wrote it because so much of what new mothers need to know gets lost between hurried doctor appointments and the louder voices on the internet. We wrote it because the postpartum window — the so-called fourth trimester — is when mamas in our communities most often go quietly without support. And we wrote it because we believe wellness is not a luxury. It is a birthright.

Inside, you will find the things we tell our own clients in their first consultation. Trimester-by-trimester guidance. What to actually pack for the hospital. How to write a birth plan that bends without breaking. How to spot the difference between baby blues and something heavier. And — when the days blur together — small reminders that you are doing beautifully.

Use it however you like. Read it cover to cover, or open to the page that meets you where you are today. Highlight, dog-ear, share with your partner.

When you are ready for hands-on help, we are here.

With love and care,

The Uzazi Wellness Care Team

## WHAT'S INSIDE

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This handbook is for educational and supportive purposes only and does not replace personalised medical advice from your doctor, midwife, or healthcare provider.

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PART ONE

# The Bump

Forty weeks. Three trimesters. One transforming body, holding everything you've ever hoped for.

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## PART ONE · THE BUMP

# First Trimester (Weeks 1–13)

The trimester nobody can see. You may feel exhausted, nauseous, and tender — and look completely unchanged. This is normal. Your body is doing extraordinary, invisible work.

## What to expect

- Fatigue like you've never known. Rest is medicine. Nap without guilt.
- Morning sickness — which can strike any time of day. Small, frequent meals help.
- Tender, swollen breasts. A soft, well-fitted bra makes a real difference.
- Heightened sense of smell and food aversions. Trust your body.
- Big emotions. Hormonal surges are real. Be gentle with yourself.

## Take care of yourself

- Book your first prenatal appointment — usually around weeks 8–10.
- Start a daily prenatal vitamin with folic acid.
- Hydrate. Aim for 2–3 litres of water a day.
- Avoid alcohol, raw fish, undercooked meats, unpasteurised dairy, and high-mercury fish.
- Gentle movement — walking, prenatal yoga — if your provider gives the green light.

## Call your provider if...

- You have heavy bleeding, severe one-sided pain, or a high fever.
- Vomiting is so constant you cannot keep liquids down for 24 hours.

**“You are not just growing a baby. You are growing a mother. Be patient with both.”**

## PART ONE · THE BUMP

# Second Trimester (Weeks 14–27)

The honeymoon stretch. Energy often returns. Nausea eases. And one ordinary afternoon, you'll feel the first flutter — the moment everything becomes real.

## Nourish

- Add an extra ~340 calories a day — focus on protein, iron, and calcium.
- Iron-rich foods: lentils, leafy greens, lean meats, fortified cereals.
- Healthy fats from avocados, nuts, olive oil — important for baby's brain development.
- Limit caffeine to under 200 mg a day (about one cup of coffee).

## Move

- 30 minutes of moderate movement most days: walking, swimming, prenatal yoga, Pilates.
- Start pelvic floor exercises — your future self will thank you.
- Avoid contact sports, heavy lifting, and lying flat on your back for long periods.

## Mind

- Begin gentle conversations about parenting values, division of labour, and visitor boundaries with your partner.
- Notice your mental health. Anxiety and depression in pregnancy are real and treatable.
- Start dreaming up your support team — partner, family, postpartum care, lactation, mental health.

## PART ONE · THE BUMP

# Third Trimester (Weeks 28–40+)

Everything slows down except your mind. Nesting kicks in. Aches arrive. And somewhere in the middle of it all, you'll realise: you are ready.

## Your body is preparing

- Braxton Hicks contractions — practice tightenings. Usually irregular and painless.
- Swelling in feet, ankles, and hands. Elevate and hydrate.
- Heartburn, hip pain, restless sleep. A pregnancy pillow is worth every shilling.
- Frequent bathroom trips as baby drops into the pelvis.

## Prepare your space

- ✓ Newborn essentials: car seat, diapers, wipes, swaddles, a safe sleep space.
- ✓ Stock the kitchen — easy meals, snacks, electrolyte drinks.
- ✓ Identify your postpartum care team — pediatrician, lactation support, postpartum care specialist.
- ✓ Have honest conversations about visitor expectations before baby arrives.

## Watch for warning signs

- Severe headaches, vision changes, or upper-belly pain — call your provider immediately.
- Sudden, severe swelling of face or hands.
- Decreased fetal movement — do daily kick counts from around week 28.
- Vaginal bleeding or leaking fluid.

## PART ONE · THE BUMP

# Your Hospital Bag Checklist

Pack two bags by week 36 — one for labour, one for after.

## For Mama

- ✓ Hospital paperwork & ID
- ✓ Comfortable robe & nightwear (front-opening for nursing)
- ✓ Slippers and warm socks
- ✓ Nursing bras and breast pads
- ✓ Toiletries (toothbrush, dry shampoo, lip balm, hair ties)
- ✓ Maternity pads — heavy flow
- ✓ High-waisted, loose underwear
- ✓ Phone, charger, and a long charging cable
- ✓ Snacks: dates, nuts, energy bars
- ✓ A loose, comfortable going-home outfit

## For Baby

- ✓ Newborn onesies (2–3)
- ✓ Swaddle blankets (2–3)
- ✓ Soft baby hat and socks
- ✓ Newborn-size diapers and wipes
- ✓ Going-home outfit + mittens
- ✓ Infant car seat (installed in advance)

## For Your Partner / Support Person

- ✓ Snacks and water bottle
- ✓ Phone charger
- ✓ Change of clothes (births can be long)
- ✓ List of people to call/text
- ✓ Camera or quality phone for first photos
- ✓ Cash for parking and vending machines

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# 02

PART TWO

## Birth & First

## 72 Hours

A flexible plan, a tender beginning. The day everything you've imagined becomes real.

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## PART TWO · BIRTH

# A Birth Plan That Bends

A birth plan is not a script. It is a conversation — with your provider, your partner, and yourself — about what matters most. Hold it loosely. Birth has its own ideas.

**Think through, in advance:**

- Environment. Lighting, music, who is in the room, what scents you want around you.
- Pain management. Unmedicated, epidural, gas-and-air — what would you like to try first?
- Movement. Are you free to walk, change positions, use a birthing ball?
- Interventions. Your preferences around induction, episiotomy, instrumental delivery.
- Cesarean wishes. Even if you're planning vaginal — gentle C-section requests, partner presence, immediate skin-to-skin.
- The golden hour. Skin-to-skin contact, delayed cord clamping, first feed.
- If baby needs extra care. Who goes with baby, when you'll be reunited.

**“The best birth is the one where mama and baby end up safe, and where mama feels respected. Everything else is detail.”**

## PART TWO · BIRTH

# The First 72 Hours

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The three days that change you. Foggy, surreal, beautiful — and surprisingly physical. Here's what to expect.

## Your body

- Heavy bleeding (lochia) for several weeks — use only pads, never tampons.
- Cramping as your uterus contracts back down, stronger during nursing.
- Soreness, swelling, possible stitches. Iced perineal pads are a gift.
- Engorgement when milk comes in around day 3–5. Warm compresses before, cool after.
- Night sweats as hormones shift. Keep water close.

## Your baby

- Will lose 5–10% of birth weight in the first few days, then regain it.
- Will feed 8–12 times in 24 hours — yes, really. Cluster feeding is normal.
- Wet diapers: 1 on day 1, 2 on day 2 — building up to 6+ a day by the end of the first week.
- Sleeps 16–18 hours a day in short stretches. Wakes for food, comfort, and connection.

## You

- Skin-to-skin, often. It regulates baby's breathing, temperature, and heartbeat.
- Sleep when baby sleeps — even 20 minutes.
- Accept every offer of food, water, and help. This is not the moment to be polite.

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# 03

PART THREE

## The Fourth Trimester

Forty days of rest. The Kenyan tradition that holds you while you become a mother.

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## PART THREE · THE FOURTH TRIMESTER

# The First 40 Days

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Across East Africa — and across cultures around the world — the first forty days after birth have always been considered sacred. A time for the new mother to be held, fed, and rested while she heals and learns her baby.

In our hurry to “bounce back,” many modern mothers skip this season entirely. We're inviting you to reclaim it.

## What a 40-day window looks like

- Days 1–14. Bed-rest where possible. Skin-to-skin, frequent feeds, sleep in fragments, warm nourishing foods brought to you.
- Days 15–28. Short walks at home. Brief visitors. Continue prioritising sleep and food.
- Days 29–40. Gentle return to the world. A short walk outside. A first social visit. Light pelvic-floor reawakening.

## Nourishing foods for recovery

- Warm, easily digested. Stews, soups, ugali with greens, slow-cooked porridges.
- Iron-rich. Lentils, liver, dark leafy greens — for blood replenishment.
- Protein-rich. Eggs, chicken, fish, beans — to repair tissue.
- Lactation supporters. Oats, fenugreek, fennel, lots of water.
- Comforting drinks. Ginger tea, broths, warm milk with honey.

## PART THREE · THE FOURTH TRIMESTER

# Feeding, Without Judgement

Breast. Bottle. Both. The right way to feed your baby is the way that keeps both of you nourished and well.

## If you're breastfeeding

- A good latch is wide, deep, and pain-free after the first few seconds.
- Feed on demand — every 2–3 hours, including overnight. Cluster feeding is normal in the evenings.
- Look for signs baby is getting enough: 6+ wet diapers, steady weight gain, soft post-feed calm.
- Take care of nipples — air-dry, lanolin, correct latch.
- Call a lactation consultant early if it hurts, baby isn't gaining, or you have engorgement, clogged ducts, or fever.

## If you're formula or mixed feeding

- Follow preparation instructions exactly — correct ratios matter.
- Sterilise bottles and teats until baby is around 12 months.
- Paced bottle-feeding mimics breastfeeding — baby in upright position, frequent breaks.
- Fed is best. You are not less of a mother for feeding your baby in the way that works for your family.

**“There is no medal for the hardest feeding journey. There is only your baby, growing.”**

## PART THREE · THE FOURTH TRIMESTER

# Mental Health, Honestly

Up to 80% of new mothers experience some form of baby blues. 1 in 7 develop postpartum depression. Both are common, both are treatable, and neither makes you a bad mother.

## Baby Blues (Days 3–14)

- Tearfulness, mood swings, overwhelm, anxiety.
- Triggered by the dramatic hormonal shift after delivery.
- Usually resolves on its own within two weeks with rest, food, and gentle support.

## Postpartum Depression / Anxiety

Symptoms last longer than two weeks, or feel heavier than expected.

- Persistent sadness, hopelessness, or numbness.
- Loss of interest in things you used to love.
- Difficulty bonding with your baby.
- Intrusive thoughts that frighten you.
- Severe anxiety or panic.
- Sleeping difficulties beyond what newborn care explains, or wanting to sleep all the time.

If any of this sounds familiar, please reach out. Talk to your provider, a therapist, a trusted friend, or us. There is no shame, and there is real help.

## Daily mental wellness habits

- ✓ Step outside for 10 minutes of daylight.
- ✓ Drink water before coffee.
- ✓ Name three things you don't have to do today.
- ✓ Text one safe person, honestly.
- ✓ Let someone hold the baby while you shower.

## PART THREE · THE FOURTH TRIMESTER

# Partners, Sleep & Asking for Help

## For your partner

- Your job is not to “help” — it is to parent. Own whole tasks, not fragments.
- Protect mama's sleep. Take the early-morning shift. Bring water to every feed.
- Feed her. Hot food in her hands, often.
- Listen without fixing. Sometimes she just needs to be heard.
- Filter visitors. Mama's recovery is more important than anyone's curiosity.

## Sleep, when you can

- Sleep in shifts. One adult always covers a block so the other can get 4+ hours straight.
- Keep the bedroom dark, cool, and uncluttered.
- Caffeine before 2pm only — and never right before a possible nap.

## How to ask for help

Be specific. The vaguer the ask, the less likely it lands. Try:

- “Could you bring dinner on Thursday, leave it on the porch, and we'll wave from the window?”
- “Could you sit with the baby for an hour on Tuesday morning so I can nap?”
- “Could you do one load of laundry while you're here?”

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# 04

PART FOUR

## Beyond 40 Days

Wellness is not a phase. It is a practice that carries you for the rest of your motherhood.

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## PART FOUR · BEYOND 40 DAYS

# Returning to Work, Gently

There is no universally right time to return. The right time is the one that protects your physical and mental health — and your family's financial reality.

## Before you return

- Visit your workplace once with the baby. A trial run takes the edge off.
- Build a care handover document — feeding schedule, sleep cues, comfort tricks.
- If pumping at work: introduce a bottle to baby 2–3 weeks ahead, and set up a clean, private space at the office.
- Schedule a quieter first week — half-days if your employer allows.

## Long-term wellness for mama

- Schedule your 6-week postnatal check — and your annual women's wellness visit.
- Rebuild gradually. Pelvic-floor physio before running, lifting, or high-impact movement.
- Notice your nutrition. Iron, B12, vitamin D, and omega-3s remain important well past birth.
- Build a women's circle. Other mothers will save your sanity in ways nothing else can.
- Re-introduce something that is just yours — a book, a walk, a class. You are still in there.

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# 05

PART FIVE

## When to Call Uzazi

You don't have to do this alone. Here is exactly how we can walk beside you.

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## PART FIVE · WHEN TO CALL US

# How Uzazi Walks With You

We are a women-led wellness team built around one promise: no mother should walk her motherhood alone. From the first trimester through the fourth and beyond, our care specialists step in wherever you need a softer landing.

**Prenatal & Pregnancy Care**

In-home check-ins, education, and emotional support through every trimester.

**Birth Preparation**

Birth planning, partner coaching, and a full curriculum to walk into labour with confidence.

**Postnatal Recovery**

Hands-on care for mama's body and home in the first 40 days — from warm meals to wound care.

**Infant Feeding & Lactation**

Latch support, pump help, formula guidance — judgement-free, evidence-based.

**Maternal Mental Health**

Screening, gentle check-ins, and warm referrals when something heavier shows up.

**Maternal Nutrition**

Personalised meal plans for pregnancy and postpartum recovery, designed for Kenyan kitchens.

**Women's Wellness**

Long-term care beyond the postpartum window. Cycles, hormones, perimenopause.

A GIFT FROM UZAZI WELLNESS CARE

# Your free consultation is waiting.

30 minutes. No commitment. Real talk about what care could look like for you and your family — whether you're planning ahead or already in the thick of it.

<p>CALL OR WHATSAPP</p> <p>+254 707 820 139</p>	<p>EMAIL</p> <p>info@uzaziwellnesscare.com</p>	<p>VISIT</p> <p>uzaziwellnesscare.com</p>
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## MORE FROM MAMA'S CORNER

Keep reading on our blog:

### The Fourth Trimester

What no one tells you about the first 12 weeks.

### Judgement-Free Feeding

Breast, bottle, both — feeding done your way.

### When Feelings Won't Lift

Recognising postpartum depression early.

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