



Adjusting to Life After Baby: Shifting Expectations

Life after birth often involves ongoing adjustment. Many routines and priorities may change, sometimes gradually and sometimes suddenly.



1. Time and routines may feel different

- Less predictability in daily routines
 - Tasks taking longer than expected
 - Frequent interruptions
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2. Daily responsibilities may need to be simplified

- Focus on essential tasks only
 - Delay non-urgent responsibilities
 - Re-evaluate expectations temporarily
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3. Support can take many forms

- Partners, family, or friends
 - Community or informal help
 - Short-term assistance with meals, errands, or rest
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Something to Remember:

Adjustment is not about returning to a previous routine, but finding what feels sustainable now.



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