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# Tips For Women On How To Be Postpartum Body Confident By Puja McClymont



Women are conditioned to compare themselves to others in everything they do including their postpartum bodies, so how can women start loving themselves more? Society has depicted women to be in competition with each other. There's a time limit to achieve perceived success such as a career, home, family etc but then there is the added comparison of how bodies look. Women who have just had a baby require more nurturing conversations rather than those that are about comparing their bodies. More needs to be done to help women manage their new bodies and what their bodies have been through in order to create and birth a life.

It all starts with how women view themselves. If a woman had low self-worth before having a baby, she will be easily led by comparison postpartum. However, there are many things that women can do to help themselves pre-baby and postpartum – all of which are focussed on more self-love. Some brilliant tips for women on how to be body confident by [Puja McClymont](#), certified Life & Business Coach and NLP Practitioner and host of [Self-Care 101 Podcast](#) include:

## **Body Positive Mindset**

Women can really help themselves feel more love for the way they look by appreciating all that their body has done for them. A activity could be to look at the naked body in the mirror and thank the body for all that it has done. This includes surviving birth itself, being in good health, allowing the body to move, giving birth, strength etc. By being really patient, women will be able to create a huge list of all that the body has done for them. Additionally, increasing the list with what else you can do to look after the body can be helpful. By being grateful for the body, the association of a negative body image to one that is more positive becomes the norm.

## **Getting familiar with the body**

So many of women feel ashamed with what they look at in the mirror and this is why touching the body can help women start connecting with it better. Similar to when hugging someone and oxytocin is released. Women can start to create a relationship with their bodies through touching it more. Being open to laughing at the body, admiring it etc will help to get used to seeing it. For example touching the body postpartum and reminds women that they just created a life and brought it into the world.

## **Choosing love**

Women need to ask themselves if they want to spend their lives hating their body or loving them. When choosing the latter, making a list of all the things that can be done every single day to ensure that more love is given, will be a game-changer towards body positivity. It's also a good idea to include any negative associations from using social media through to people in their lives so that appropriate boundaries can be created to reduce comparison.

## **Positive community**

Women need to surround themselves with people who are body positive and let their energy inspire instead of comparison.

## **Positive content**

Following social media accounts about body positivity that are relatable and helpful for learning about the body can really make a difference to how someone feels about themselves.