

DUE DATE:

PRIMARY SUPPORT PEOPLE:

POSTPARTUM PLAN

Planning for your postpartum doesn't need to be difficult, but it does need to be done.

Here are some areas you need to think about and plan for.

Jot down your ideas or add questions you may have before making any plans.

If you run out of room, write things out on the back

SLEEP

Where will everyone sleep? including baby

List some ways to maximize your sleep

FOOD/DRINK

How will stay well fed and hydrated?

SELF CARE

What is your most important act of self care

What can your support people do to help

RELATIONSHIP CARE

A way we can support each other when exhausted or overwhelmed

It is vital to our relationship that we:

HOUSEHOLD CHORES

Who will do the basics: vacuum, wash dishes, etc

What chores can you delegate to others?

What chores can be left for a longer period of time?

POSTPARTUM PLAN CONTINUED...

OTHER CONSIDERATIONS

Infant Feeding

- How will baby be fed?
- How can your support people help?
- Where will feeding supplies be kept?
- How will feeding supplies be kept clean

Pets

- Who will be taking care of any pets?
- How will the pets be introduced?
- *Never leave pets alone with baby

Visitors

- When will visitors be allowed?
- Will visitors be helpful and given chores?
- Which visitors should wait until after a period time, while you settle in. (i.e. the non-helpful ones)
- Who can you call at the last minute to get help?

Resources:

Family Doctor: _____

Lactation Support: _____

Doula Support:

Nearest Hospital: _____