

POSTPARTUM PLAN

The goal of a postpartum plan is to help parents identify resources BEFORE they are needed, thereby reducing stress and easing the transition period.

A postpartum plan is similar to a birth plan. You are planning for a smooth transition with your new addition. Remember, you are going to need a lot more help than you think you will need. We tend to think that if we can do something ourselves, then we should. This is absolutely not true postpartum. All of your energy needs to go toward healing your body and learning about your baby.

The purpose of receiving support at this time is not to help your baby—it is to help you. It is to support you in getting your basic needs of food, comfort, and unconditional love met, and also to support you in deepening your self-confidence and trusting in your instincts as a mother.

Sleep and Rest

Make a plan to nap for a few hours at least a few times a week.

Who will take the baby _____

When _____

What days _____

Physical Recovery

What kinds of self-care things will you need to physically recover from your birth?

Feeding

Anticipated method of feeding _____

My expectations for feeding the baby are
Baby Led Scheduled

Will I have a feeding/elimination chart or app? _____

Nourishment

We plan to:

- Have freezer meals
- Prepare our own meals everyday
- Prepare our meals everyday with help
- Order food _____ a week
- Combination of _____

Sleeping

- We plan to co-sleep
- We plan to have baby in same room but sleeping in bassinet
- We plan to have baby sleep in their own room

Caring for baby

We plan to:

- Have help from a doula so we can spend time with baby and siblings.
- Have help from family so we can spend time with the baby and siblings.
- Hire a nanny to look after the baby and siblings.
- Care for the baby and siblings ourselves and manage the house- don't expect any outside help.

Redefining roles:

Who will care for the baby? _____

Who will care for the siblings? _____

Who will do the cleaning? _____

Who will do the cooking? _____

Who will do the laundry? _____

Who will be at home? _____

Who will do the shopping? _____

Who will run the errands? _____

Who will do the carpools? _____

Who will take care of the pets? _____

As the mother, I will expect my partner's role to be...

As the partner, I will expect the mother's role to be...

It is important to our relationship that we...

For the siblings it is important to maintain...

For the pets It is important to maintain...