

Postpartum Plan

For _____ EDD _____

A postpartum plan is similar to a Birth Plan. It helps you plan for a smooth transition into your new parental roles and shifting family structure. Keep in mind the flexibility is key when considering all the potential conditions and “personalities” that are unknown.

I encourage you to *honor* this time as a rite of passage. The most important element is the *Babymoon* phase. You will only experience this time once for this baby. Make it count for you and your family- everything else that was there, will still be there to consider at a later time.

Sleep and Rest

What are your normal (pre-pregnancy) sleep requirements? _____ # of hrs per night

Here’s an approach to help you get as much (or almost as much) sleep as you need:

1. Calculate how many hours of sleep you used to need regularly before pregnancy in order to function well. Six hours? Eight hours? That is the amount of sleep you owe yourself everyday.
2. Since you cannot get this amount of sleep in one stretch because of interruptions for feeding and baby care, you will require more hours in bed to get your allotted amount of sleep.
3. Plan to stay in bed or keep going back to bed until you have slept your allotted number of hours. This means that with the exception of trips to the bathroom, you do not get up. You do not brush your teeth, shower or dress in the early morning. Make a mental note of approximately how many hours you have slept since you went to bed. You may have to stay in bed from 10pm until noon the next day to get eight hours of sleep! If that what it takes, do it. Then brush your teeth, take a shower and start your day.

Physical Recovery

What is important to you when determining how you expect to physically recover from the birth? (Self care, exercise, weight, etc) _____

Breastfeeding and Infant Feeding

Anticipated method of feeding for baby _____

My expectations for feeding the baby are: _____ on cue _____ scheduled

I feel this way because _____

Nourishment

We plan to:

_____ have meals prepared ahead of time and stored in the freezer

_____ prepare meals day to day ourselves

_____ prepare meals day to day with help

_____ order in _____ times a week
_____ combination of _____

Caring for the baby

We plan to:

- _____ Have help from a professional doula, so that we can spend our time with the baby and siblings (if any)
- _____ Have help from family, so that we can spend our time with the baby and siblings (if any)
- _____ Hire a nanny to look after the baby and siblings
- _____ Care for the baby and siblings ourselves and manage the house at the same time. We do not expect any outside help

Sleeping Arrangements:

- _____ We plan to co-sleep
- _____ We plan to have the baby in the same room but sleeping in a cradle/bassinet beside us
- _____ We plan to have the baby sleep in their own room

Redefining roles:

- Who will do the caring for the baby? _____
- Who will do the caring 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 transport the siblings places? _____
- As the mother I will expect my partner's role to be _____
- _____
- As the partner I will expect the mother's role to be _____
- _____

Partners/relationships (if applicable):

It is important to our relationship that we _____

Siblings (if applicable):

It is important to maintain _____

Pets:

It is important to maintain _____

Family and friends:

Who is going to be involved in our support over the postpartum period? _____

Visitors:

We expect to have _____ visitors in the first week.

We expect to have _____ visitors in the second week.

Laundry:

Laundry will be done by _____

Organization:

Baby feeding areas will be _____

Areas will include such things as _____

Diaper/change tables/areas will have _____

And will have _____

Sibling basket will have _____

Baby sleeping/resting areas will have _____

If bottle feeding, preparation area will include _____

Longer term support for the next 12 months:

Childcare, babysitters and daycare options: _____

Housekeeping and chores: _____

Staying connected to the outside world:

It is important to have: _____

It is important to talk to friends and family as usual

It is important to turn off my phone and return calls when possible

How important is this to you? (there is no wrong answer) _____

Recording and journaling:

It is important to _____

Greatest concern is: _____

Other things that are important to us: