



Postpartum Plan

Adapted from The Fourth Trimester by
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Who do you want to visit in the first 3 days? Two weeks? First Month?

What chores normally get done around the house? Mark each as essential (E), preferable (P), and forgettable (F).

Postpartum Plan

Rest

Now revisit your list of visitors, who can you consider a helper and who is just a "guest"?

What do you anticipate being an obstacle to you resting (In the hospital and at home)? How can you address those?

How can you create space to nap throughout the day?

How will you manage visitors to ensure space for resting?

List 3 of your favorite and most nourishing meals.

List 3 balanced snacks that you love (think protein, fat, + carb).

Who can organize a meal train for you? Ideally its someone who already has friend/family contact info and no issues asking.

What are things you really don't want from a meal train? What items would you love?

Postpartum Plan

Companionship

Who can you tell how you really feel about motherhood, who will listen without judgement or advice?

Who can you call if you want to take a shower and need someone to hold the baby?

Who would you trust to take your baby for a walk?

Who can you talk to about hard parenting decisions that you feel would be safe and not judge you?

Who do you know who makes nutritious meals that would double their dinner to bring you some?

Who can you call if you just want someone to sit with you and keep you company?

Gather contact information for your wider circle of support to keep for when you need it postpartum.

Lactation Consultant

Chiropractor

Chiropractor (pediatric)

Massage Therapist

OBGYN

Midwife

Housekeeper

Nanny

Dog Walker

Postpartum Doula

Local Breastfeeding Support Group

Local Mom's groups

Local Play Groups

Its the middle of the night. Your baby will not go back to sleep unless they are in your arms. You are exhausted and can feel your eyes closing. You know its not safe to fall asleep with your baby in the rocking chair, and you remember your safe sleep plan....

Will you bedshare with baby or will you take shifts staying awake with baby?

How will you feed baby during the night? Will you bedshare so you can nurse and sleep or stay awake and feed?

If you co-sleep what will be your safe surface? If not how will you keep baby within a touchable distance?

If you co-sleep where will your partner be? If you take shifts where will the caretaker be with baby so they can stay awake?

If you co-sleep how will you make sure blankets/pillows stay away from baby?

How will you dress baby for sleep, co-sleeping or in their own bed?
