



Postpartum Plan

for the _____ Family.

Congratulations, You're having a baby!

This postpartum plan is a guide to assist you and your partner in preparing for life with your baby. It walks you through various aspects of daily life that you may not have thought of before, ensuring you have a plan for each. Think of it as a tool that helps you: organize responsibilities, set expectations, establish resources and a support network *before* you need them, to make this new chapter as stress-free and enjoyable as possible.

PARENTING ROLES

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

- _____
- _____
- _____

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

- _____
- _____
- _____

Parenting/Family Responsibilities: who will be doing the following?

*It may be one of you, both of you or someone that you hire.

Changing diapers	_____	Laundry	_____
Feeding the baby	_____	Pet Care	_____
Calming the baby	_____	Grocery Shopping	_____
Burping the baby	_____	Housecleaning	_____
Bathing the baby	_____	Going on walks with the baby	_____
Meal prep/takeout	_____	Other errands	_____
Caring for siblings and their schedules	_____		

SLEEP AND REST

Where will our baby sleep?

- ☐ Crib in his/her room ☐ In our room, in a crib/co-sleeper/bassinet/Snoo
- ☐ Co-sleeping in my bed ☐ Other: _____

Who will care for baby during the day? (check all that apply)

- ☐ Mom ☐ Partner ☐ Family Member ☐ Friend ☐ Postpartum Doula

Who will care for baby during the night? (check all that apply)

- ☐ Mom ☐ Partner ☐ Family Member ☐ Friend ☐ Postpartum Doula

*Will you and your partner both be getting up at night? Will one feed the baby and afterwards the other burps, changes the baby and puts the baby back to sleep? Or will you take shifts? For example: partner 10pm - 1am, Mom 1am - 5am, both 5am - 10pm.

Who can help you?

In the morning?

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

In the afternoon/evenings?

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Overnight?

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Who can move in for a week or two for extra support? Family, postpartum doula?

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

EATING WELL & HYDRATION

Frozen meals to prepare in advance:

- _____
- _____
- _____
- _____
- _____

Grocery stores that deliver or have curbside pick-up:

- _____
- _____
- _____
- _____

Restaurants that offer delivery & take-out:

- _____
- _____
- _____
- _____

Meal train: who can bring food to you during the first month with baby?

- _____
- _____
- _____
- _____
- _____

Grab & go foods you can eat while resting or caring for the baby:

- _____
- _____
- _____
- _____

Create snack & hydration stations around the house in spaces where you might spend time with baby:

Stock these stations with water bottles and healthy snacks (protein & granola bars, fruit, etc.) within arm's reach of where you will be located with your baby.

Nursery : _____ Bedroom : _____

Living Room : _____ Other : _____

INFANT FEEDING SUPPORT

I plan to:

- ☐ Breastfeed on demand ☐ Breastfeed on a schedule ☐ Pump and bottle feed
- ☐ Formula feed ☐ Combination of breastfeeding & bottle feeding
- ☐ Offer a pacifier when needed

Who will support and encourage your feeding choices? (Friends, relatives)

- _____
- _____
- _____
- _____

Local Resources for Infant Feeding Support:

Postpartum Doulas:

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Lactation Consultants:

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Pediatrician:

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Breastfeeding Support Groups/ La Leche League Groups, etc:

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

SIBLING CARE

Who can help care for your older children?

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Any special needs or routines that are important for them to know about your child(ren)? (For example: diet, allergies, medications, schedule, etc.)

- _____
- _____

PET CARE

Who can help care for your pets when you return home with the baby?

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Any special needs or routines that are important to know about your pets? (For example, diet, allergies, medications, schedule, etc.)

- _____
- _____

HOUSEKEEPING & OTHER RESPONSIBILITIES

Who can help with these tasks: laundry, washing dishes, taking out trash, tidying up, vacuuming, grocery shopping, running errands, sending thank you cards, etc.

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

PARENTS TIME “ME TIME”

What activities help you relax, bring you joy and recharge you?

Individually:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Together as a couple:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Who can provide occasional childcare for you to make these activities happen?

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

COMMUNITY SUPPORT

Who do I know that has a baby or young children that I can connect with?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

What are some support groups, organizations or other resources I can reach out to?

For example: Mom's groups, breastfeeding support groups, church groups, colleagues at work, prenatal/postnatal fitness groups, "Mom's Day out" programs.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

What are some online resources? (Facebook groups, online forums, website, etc.)

- Postpartum Support Intl: www.Postpartum.net.
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MENTAL HEALTH SUPPORT

Perinatal mood and anxiety disorders (PMADs) affect up to 20% of pregnant people and new parents. Fathers can experience depression and anxiety too after baby's birth. Therefore, it's beneficial to have resources and a list of local mental health care professionals who have expertise in PMADs. These professionals can assist with counseling and medication when needed.

Do you and your partner know the signs of PMADs? ☐ Yes ☐ No

I have talked with my OB, midwife, doula and partner about:

- ☐ The baby blues
- ☐ Perinatal mood and anxiety disorders

Who is supportive that I can call if I'm feeling blue and need someone to listen ?

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

Who are some mental health professionals that I can connect with that specialize in postpartum/family/marriage therapy?

Name : _____ Contact Info : _____

Name : _____ Contact Info : _____

What are some local postpartum support groups that I can turn to?

Group name : _____ Contact Info : _____

Location : _____ Dates/Time : _____

Group name : _____ Contact Info : _____

Location : _____ Dates/Time : _____

MOVING AND GETTING OUTSIDE

Spending time outside doing light exercise offers numerous benefits for your physical and mental health. Time spent in green or blue spaces can help reduce stress and improve your mood.

I will check with my care provider to get clearance before I start to exercise in the postpartum period.

☒

Cleared

Start easy! Aim for 30 minutes a day. Try to get outside daily, even if just for a slow walk.

I plan to do the following types of movement:

☐

Walking outside with the stroller

☐

Swimming

☐

Yoga

☐

Light housework (cleaning, laundry, cooking)

☐

Gardening

☐

Trips to the store (grocery shopping, etc.)

☐

Others: _____

VISITORS

Do I want visitors once I am home? Don't feel bad about establishing boundaries.

Consider visiting hours to manage interactions and prioritize family bonding time. You might not know what times will be best until your baby is here. Once you do, you can inform potential visitors.

Visiting days and hours: _____

Visits should last no longer than: _____

Code word or phrase for partner to help encourage guests to leave is:

*Remind visitors to wash their hands when they enter and avoid kissing baby during their visit.

What tasks can visitors help with while visiting?

*Some ideas: bring groceries or supplies, collect dishes to return from meal drop-offs, load/unload the dishes, load/unload and fold laundry, take out/bring in the trash, water the plants, entertain older children, walk the dogs, take pictures, make my bed, offer me a meal, chop fruits/veggies for a snack, watch baby so mom can shower, etc.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PARENTAL LEAVE & RETURNING TO WORK

Who is staying home?

☐

Mom

☐

Partner

How long will you stay home after the birth?

Mom _____

Partner _____

When are you returning to work?

Mom _____

Partner _____

What is the plan for easing back into work?

- _____
- _____
- _____

What childcare options are you considering? (Daycare, babysitters, nannies, au pairs, doulas.)

- _____
- _____
- _____

House chores: Who is responsible for housekeeping and which chores?

- _____
- _____
- _____

What are your greatest concerns when returning to work?

- _____
- _____
- _____

What are your partner's concerns when returning to work?

- _____
- _____
- _____

YOU GOT THIS!

Creating your postpartum plan is an essential step in preparing for the journey of parenthood. By considering each of these elements you have set yourself up for a smoother transition into this special phase of life.

Flexibility and adaptability are key. Now you have a foundation, and you may adjust your plan as you go, shaping it to the unique needs of your family.

You're embarking on a beautiful journey filled with challenges and joys. Trust yourselves, embrace the adventure, and remember, you're stronger than you know.

Reach out to us at Buddha Belly Doulas any time!

BUDDHA BELLY DOULAS
<https://buddhabellybirth.com>
hello@buddhabellybirth.com
(727) 489 - 4750