My Postpartum Plan

Having a birth plan or birth preference list is a wonderful way to prepare for the birth of your baby. Many of us take childbirth classes and research our options. However, after baby arrives, we need a plan for how we will feed, bond, recover, heal, and meet our basic needs while caring for our baby.

You can begin to think about and prepare for your postpartum period by filling in the blanks below.

My Plan For Rest

The following person/people will assist in the hospital:

_____

_____

The following people will assist during the day my first day home:

_____

_____

The following people will assist at night my first night home:

_____

_____

The following people will assist my first 1-3 weeks home:

_____

_____

My Plan For Feeding

My friends, family members, online resources, etc. I can turn to for breastfeeding support include:

_____

_____

My insurance covers lactation support, the following IBCLCs are available in my area:

_____

If I need assistance getting formula, my local WIC office number is:

_____

My Plan For Parenting Support

Peer support from individuals in the same stage of parenthood you are in can be invaluable. Consider friends, neighbors, family members, parenting support groups, etc. to fill in this area.

The following friends, neighbors and family members have recently had a baby:

_____

_____

A parenting support group I can attend:

_____

My Nutrition Support

Adequate and healthy food is an important part of postpartum healing. While you are caring for a new baby, it can be easy to put yourself last. However, it is very important that you do not do so. You need to be sure you eat!

The following people can help with meals:

_____

The following local services and programs to help with any food insecurity include:

_____

_____

I will prepare the following frozen meals before baby:

_____

_____

Local delivery and meal services:

_____

_____

Relative, family, and friends I can call to help if I need help include:

_____

Rides For Medical Care

In the first few weeks there are new baby visits, possible lab work, and postpartum appointments. Sometimes assistance is needed with driving.

The following people can assist with rides:

_____

Ride services in my area include:

_____

My health insurance provides transportation assistance in the following forms:

_____

My Back To Work/School Plan

Many parents return to work or school 2-12 weeks after giving birth. Others return at 3, 6, 12 or more months. If you need to return to work or school, being prepared can make the difficult transition just a bit easier.

My childcare plan for when I return to work or school includes:

_____

My backup plan for baby's illness, appts, etc. is:

_____

_____

My feeding plan when I return to work is:

_____

My Plan For Self-Care

Having time to do things you enjoy, spend time with a partner, or hang out with friends can be important. While caring for your baby and meeting their needs is vital, it is important that you also have time for yourself. While you may not have as much time (example: now you go out one time a month vs. most weekends), it is helpful to have time not being the sole caregiver to an infant which doesn't include time at work or school.

The following people can provide occasional childcare:

_____