



POSTPARTUM SUPPORT

BASIC NEEDS

- These people can help with holding the baby when the baby doesn't want to be put down:
- This is the carrier I will use when I am alone and the baby doesn't want to be put down:
- I am someone who needs sleep to function. This is who can help with naps and overnights:



- This is where I will sleep and where my baby will sleep:
- If I find that my baby doesn't like being in a bassinet and I am exhausted from up and down all night long, this is how I will prepare a safe bed for sharing if I am at risk for falling asleep on a sofa or chair:
- I am ok with less sleep, but these are other things I absolutely need to get through the day (shower, bath, yoga, coffee, etc):
- These are random things that make me happy and perk me up:
- I am going to be spending a lot of time recovering, resting, and feeding/holding the baby at home, and these are my favorite shows and/or books/magazines to pass the time on the couch:



FOOD, LAUNDRY, AND MORE

- I love having regular meals. This is how I will get help with this:
- I am a snacker. This is what I plan to have for quick fuel:
- My favorite healthy foods are these:
- My favorite comfort/splurge foods are these:



- This is my grocery list of common items we may need (e.g. toilet paper) if friends/family offer to shop for us (can prepare separate list and have ready to give out!):
- These are my favorite delivery options (consider printing menus and highlighting favorite foods if friends/family want to help):
- I have experienced a complicated relationship with food and/or substances in the past, and this is what I do to help myself when feelings resurface:
- These people can help with dishes, laundry, cleaning, and other household chores:
- These people can help with walking the dog and caring for other pets:
- These people can help with errands:



RELATIONSHIPS

- These are the ways I will spend special time with my older children and/or partner:
- These are things that my partner can do/say to help, and things that may be less helpful. My partner can also list ways I communicate well and not so well:
- I am a single parent and I can find support in my village with these people:
- When needing a break from family and friends, I will say/do this to give myself some space/grace:
- I have made my phone holiday box and this is my plan for using it when I feel overwhelmed:
- Other ways I can comfortably make space for people I love (knowing I need space/grace before anything else) are these (including limits on visiting times and other "house rules")



EXERCISE/FRESH AIR

- This is how I am going to get of the house for fresh air/sun , even for a few minutes:
- Exercise and/or being in nature is a huge stress reliever for me. This is how I will find time for it, even if it's just a little:
- When I am reaching my limit, I need to do these things to decompress:



PROFESSIONAL HELP

- I have seen a therapist in the past, and I have made a postpartum appointment with that person for this date:
- If I find I need a therapist for the first time, I would reach out to these providers:
- If I am feeling guilty about not spending enough time with my older children, or my relationship with my partner and/or family and/or friends is struggling, these are resources for marriage and family therapy:
- I had and/or currently have abuse and/or trauma in my life. These are my resources for getting help, particularly if birth and motherhood reactivates old memories:
- I have financial stress. Priority items/bills are these:
- If I have a chronic health condition and/or I know my baby has a condition identified prenatally (or something unexpected is discovered postpartum), I can reach out to hospital social workers and/or these other people for assistance in navigating these challenges:
- If I think I need medication for anxiety and/or depression, these are my resources:
- These are my care providers (ob, lactation, doula etc) and my baby's (pediatrician etc):





OBSTETRIC PROVIDER

QUESTIONS FOR MY OBSTETRIC PROVIDER

- Help processing my birth experience:
- Vaginal dryness, itching, UTI symptoms:
- Incontinence (urinary or stool):
- Pelvic pain/strength and/or my abdominal wall strength:
- Mood/anxiety and/or DMERs (when breastfeeding feels bad and/or weird):
- Sexuality/intimacy concerns:
- Contraception (if I have lower production of breastmilk, I need to discuss this):
- Exercise:
- Nutrition:
- Extending disability if my mental or physical health needs it:

