

POSTPARTUM CARE PLAN

SLEEP

HOW MUCH SLEEP DO I NEED/EXPECT EVERY 24-HOURS?

WHERE WILL THE BABY SLEEP?

- In our bed
- In our room in a bassinet
- In the nursery/separate room

WHO WILL CARE FOR BABY AT NIGHT?

- Mom (SELECT ALL THAT APPLY)
- Partner
- Family Member/Friend
- Postpartum Doula

FEEDING

I PLAN TO: (SELECT ALL THAT APPLY)

- Breastfeed on demand
- Breastfeed on a schedule
- Pump and bottle feed
- Formula feed

MEALS

WE PLAN TO: (SELECT ALL THAT APPLY)

- Have frozen meals prepared
- Prepare meals day-to-day ourselves
- Create a meal train
- Order take-out ____ times a week

SELF-CARE

WHAT ARE WAYS I CAN PRACTICE SELF-CARE?

WHAT FOOD OR ITEMS PROVIDE ME COMFORT?

WHAT ARE WAYS MY PARTNER CAN HELP ME FEEL RECHARGED?

VISITORS

WE EXPECT TO HAVE __ VISITORS IN THE FIRST 3 DAYS

WE EXPECT TO HAVE __ VISITORS IN THE FIRST 2 WEEKS

WE EXPECT A VISIT FROM A FRIEND TO LAST ____

WE EXPECT A VISIT FROM FAMILY TO LAST ____

HERE IS A LIST OF TASKS VISITORS CAN HELP WITH:

RELATIONSHIPS

IT IS IMPORTANT IN OUR RELATIONSHIP THAT WE:

HERE IS A LIST OF FRIENDS AND FAMILY WHO WE CAN CALL FOR HELP:

ROLES

AS THE MOTHER, I EXPECT MY PARTNER'S ROLE TO BE:

AS THE PARTNER, I EXPECT THE MOTHER'S ROLE TO BE:

CONSIDER WHO WILL BE DOING THE FOLLOWING:

(IT MAY BE ONE OF YOU, BOTH OF YOU, OR SOMEONE YOU HIRE)

- | | |
|--------------------------|--------------------|
| Changing diapers | Laundry |
| Bottle feeding | Housecleaning |
| Calming the baby | Pet care |
| Burping the baby | Bills and Finances |
| Taking the baby on walks | Grocery Shopping |
| Dinner prep or take out | Other Errands |