



Postpartum Plan

A good postpartum plan outlines your expectations and desires surrounding the hours, days, and weeks after your baby is born. The first step in creating your postpartum plan is simply to begin by imagining your own ideal postpartum experience, AKA your Babymoon. Creating the plan helps you identify obstacles to this vision and take steps to minimize their impact. Keep in mind that your top priorities should include rest, recovery, and bonding with your baby. Your Babymoon is a rare and precious experience. You will only have this time with this baby once.

Baby's Due Date

Babies arrive in their own time. A due date is a good guess as to when your baby will arrive, but is not a guarantee. Plan for flexibility in the weeks around this date.

We expect our baby to be born _____
MM/DD/YYYY

Sleep & Rest

Mama's normal pre-pregnancy sleep requirements (# of hours per night) _____

You still need that much sleep after the baby comes home! Since you cannot get this amount of sleep in one stretch because of feeding interruptions/baby care, you will need more hours in bed to get your necessary sleep. Plan to stay in bed or keep going back to bed until you have slept your allotted number of hours. This means that with the exception of trips to the bathroom, you do not get up! You do not brush your teeth, shower, or dress in the early morning. Make a mental note of approximately how many hours you have slept since you went to bed. You may have to stay in bed from 10pm until noon the next day to get 8 hours of sleep! If that's what it takes, do it. Then brush your teeth, take a shower, and greet the day.

Physical Recovery

What is most important to you when considering how you expect to physically recover from the birth? _____

Things I plan to do for myself as self-care include _____

Things my partner can to do help me recharge are _____



Breastfeeding/Infant Feeding

Anticipated method of feeding for baby:

- Breastfeeding
- Pump & bottle feed my own breast milk
- Bottle feed formula

My expectation for feeding the baby is: ON CUE / SCHEDULED

I feel this way because _____

We will have a feeding/elimination chart: YES / NO

Nourishment

We plan to:

- have meals prepared ahead of time and stored in the freezer.
- prepare meals each day ourselves.
- prepare meals day to day with help.
- order in ___ times in a week.
- set up a Meal Train to get meals delivered by family and friends for ___ # of weeks.
- use a combination of _____

The following friends and family are willing & able to bring meals to us on scheduled days:

Caring for the baby

We plan to:

- have help from a doula, so that we can spend our time with the baby and siblings.
- have help from family, so that we can spend our time with the baby and siblings.
- hire a nanny to help look after the baby and siblings.
- care for the baby and siblings ourselves. We do not expect any outside help.

Sleeping arrangements

We plan to:

- co-sleep.
- have the baby in the same room but sleeping in a cradle/bassinet beside us.
- have the baby in his or her own room.

Redefining Roles

Who will be calming/soothing the baby? _____

Who will be feeding the baby? _____

Who will be burping the baby? _____

Who will be changing diapers? _____

Who will do the caring for siblings? _____

Who will do the cleaning/tidying up? _____



Who will do the cooking? _____
Who will do the dishes? _____
Who will do the laundry? _____
Who will do the shopping? _____
Who will run errands? _____
Who pick up/transport the siblings? _____
Who will be at home? _____
Who will be doing bills and handling finances? _____
Who will be caring for pets? _____

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

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

Mother

For myself, every _____, I want to _____

Partner

For myself, every _____, I want to _____

Mother/Partner relationship

It is important for our relationship that we _____

Siblings

It is important to maintain _____

Pets

It is important to maintain _____



Visitors

We expect to have ___ visitors in the first 3 days.

We expect to have ___ visitors in the first week.

We expect to have ___ visitors in the second week.

We expect a visit from family to last for _____

We expect a visit from friends to last for _____

We expect our visitors to provide useful, practical help while visiting: YES / NO

We expect we will need to play host/hostess to our visitors: YES / NO

Organization

Laundry will be done by _____

Baby feeding areas will be _____

These areas will include such things as _____

Diaper changing tables/areas will be _____

These areas will have _____

Sibling basket will be located _____

Basket will contain _____

Baby sleeping/resting areas will have _____

If bottle feeding, preparation area will include _____

Options for longer-term support for the whole first year:

New Moms groups _____

Breastfeeding groups _____

Play Groups _____

Housekeeping _____

Babysitters _____

Daycare/Childcare _____

Other _____

Staying Connected

It is important to me to have _____

It is important to talk to friends and family as usual: AGREE / DISAGREE

It is important for our new family to have time & space as we adjust: AGREE / DISAGREE

Photos/Recordings/Journaling

It is important to _____

Our biggest concern is _____



Other things that are important to us:
