



# POSTPARTUM PLAN

**Baby's name:**

**Baby's sex:**

**Pediatrician:**

**Where will your nest be?**

- Setup a changing station nearby
- Which bathroom will you use?

**How will baby be fed?**

- Breastfed only
- Breast & bottle
  - Pumped breastmilk
  - Formula
- Bottle only
  - Pumped breastmilk
  - Formula

**If breastfeeding, contact for lactation support:**

**If pumping, how will you get your pump?**

**Where will baby sleep?**

- Nursery
- Bassinet beside parents' bed
- Bed sharing with parent(s)

**Night feedings & pumping:**

- Alternate shifts
- Overnight support
- Breastfeeding parent only

**Who will be your support?**

- Postpartum doula
- Family members
- Friends

**When will they be around to help?**

**What will they be doing?**

- Food prep
- Laundry
- Dishes & tidying
- Look after baby

Have a to-do list for visitors who offer to help

Clean a table or surface before heading to birth place

**Other family members needing attention:**

- Siblings
- Pets

Pick one thing to accomplish each day



### Visitors in the hospital:

- Hospital visitor policy
- Are you comfortable having visitors in the hospital?
- How many visitors are you comfortable with at one time?
- Do you want to limit the number of visitors per day?
- Visitor time limit?
- Other visitor stipulations (vaccinated, masks, etc.)

### Visitors at home:

- When are you comfortable having visitors in your home?
- How many visitors are you comfortable with at one time?
- Do you want to limit the number of visitors per day?
- Visitor time limit?
- Other visitor stipulations (vaccinated, masks, etc.)

### Parenting Role Expectations

- Changing diapers
- Bathing baby
- Maintaining household (groceries, housekeeping, pet care, etc.)
- Managing bills & insurance, etc.

### Nourishing New Parents

- What will you eat?
  - Prepared by supporters
  - Order delivery
  - Meal train
  - Frozen meals

### Parental Leave

- How much leave are you taking?
- Who will be home with baby & how long?
- If both returning to work, who will care for baby?

### Mental Health

- Resources
- Professional
- Peer
- Know the signs in each other
- Postpartum support groups