

# POSTPARTUM PLANNER

FOR THE \_\_\_\_\_ FAMILY



## Physical Recovery

- What are my expectations for physical recovery and appearance postpartum?
- What supplies do I need to support my physical healing?
- What are my goals for nutrition, healing, and fitness?
- What resources can I use for postpartum recovery? (ex. postpartum visits with care provider, physical therapy, massage/chiropractic, postpartum fitness classes, group movement with baby, etc.)

## Mental / Emotional Health

- What risk factors do we have for Perinatal Mood and Anxiety Disorders (PMAD)?
- How will we care for our mental and emotional health?
- What strategies do we have to defuse conflicts or relieve stress?
- What resources can we contact if we suspect a problem with PMAD?

## Sleep / Rest

- What are our plans for sleeping with a newborn? (ex. sleeping arrangements, schedule, feeding plans, etc.)
- How can I get adequate rest throughout the day or week?
- What are my expectations for sleep during the “fourth trimester?”

## Relationships

- How will we protect our romantic partner relationship?
- How will intimacy change during the 4th trimester?
- How can we form friendships with other new parents?
- How can we take time for older siblings, close friends, and other family?
- How can we form new bonds between the baby and our family and friends?

## Breastfeeding

- What are our plans for infant feeding?
- What resources do we have to get help with breastfeeding? (IBCLCs, breastfeeding support groups, postpartum doulas, etc.)
- How will your partner and family support your goals for breastfeeding?

## Visitors

- What is our policy for visitors in the hospital? Once we arrive home? (ex. number and frequency of visitors, time restrictions, etc.)
- How will we protect the newborn baby’s health?
- Can we be vulnerable in front of our visitors? Can we ask for help?

## Meals

- What meals can we have on hand that are easy and nutritious – and preferably can be eaten with one hand!?
- What meals can we make ahead and freeze for later?
- Can we set up a “meal train” for friends, family, and community members to provide us meals?
- Do we have menus and phone numbers on hand for our favorite take out restaurants?

## Household

- What are my priorities for household chores and projects?
- What chores and projects can I put on hold?
- Who can I ask for help with chores?
- How will we care for pets?



**Physical Recovery**

**Breastfeeding**

**Mental / Emotional Health**

**Visitors**

**Sleep / Rest**

**Meals**

**Relationships**

**Household**