



Postpartum Plan

Sleep and Rest: In the postpartum period it is important to get enough sleep. Figure out how much sleep you need and then work on getting that total amount. It will not be all at once. Your time in bed will increase in order to accomplish this as your baby will undoubtedly want to nurse and be changed a few times throughout the night. You should also consider taking a daily nap, or at least lying down to read for a short time in the afternoon. When your baby takes their nap during this time (or other time if your baby doesn't sleep in the afternoon) this should be your cue to take a break.

How many hours of sleep do I need during the night? _____

How do I plan on getting enough sleep for myself and my spouse? _____

Nursing/Bottle Feeding: Are you planning on breastfeeding or bottle feeding? I highly encourage you to nurse your baby, particularly in the early months, as your breast-milk is phenomenally better than any formula out there. If this isn't possible then you need to consider having a storage of formula and bottles on hand.

If you're planning on breastfeeding consider putting together a basket containing anything you may need and then setting up a nursing station. Ideas of what to include in your basket would be a nursing shawl, book, lanolin, burp cloth/diaper, and/or nursing pillow.

Where do I plan on nursing my baby? _____

What do I plan on putting in my nursing basket? _____

If you are bottlefeeding it is a good idea to have a spot in your kitchen for all your bottling needs; bottles, nipples, cleaning brush, formula, etc.

Where do I plan on keeping my bottling supplies? _____

What supplies do I need to have on hand so I won't need to run to the store? _____

Where do I plan on feeding my baby? _____



Diapering: A choice needs to be made regarding cloth versus disposable diapers. There are many pro's and con's to both types of diapering and can easily be researched online. Regardless of which type you choose you should have a changing station/area that is all set up with anything you may need. Even if you don't have a changing table it is handy to have an area with everything you need so you aren't gathering supplies from all over the house.

Where do I plan to change my baby's diapers? _____

Outside Support: Oftentimes family and friends want to be of help but are unsure of how to help you. Here you should think about who has offered to help and in what ways you would be comfortable receiving help.

People who would be willing to help me: _____

What kind of help would I feel comfortable asking for? _____

Who can I rely on to help me with my other children (include phone numbers)? _____

Medical: You now have another human being to medically think about. Pregnancy is the time to interview friends, family, and pediatricians/family doctors to find the pediatrician that you will trust to care for your child. Talk to friends and family that medically think the same as you. This will help you find some good potentials to interview.

Baby's Pediatrician Name and Phone Number: _____

Pets: Animals are very accepting of infants and are usually nothing to worry about.

Routines to maintain: _____



Visitors: How often are you willing to receive visitors? Who are you willing to receive? This is a time in your baby's life that you should limit visitors, at least a little bit. As a newborn they haven't been around any germs, other than your own. It's important to remember this as they need protection from outside germs for their own safety and health. I recommend requiring visitors to wash their hands up to their elbows before allowing them to hold your baby. I've never known anyone to be offended when I've asked them to do this. Another thing to consider is to have your baby wearing one of those outfits with the fold over fabric on their sleeves that covers their hands. This prevents people from holding the baby's hands, thus eliminating the germs baby may get when they put their fingers in their mouth.

Visitors I expect: _____

Visitors I am okay with visiting: _____

Rules I plan on enacting in regards to visitors: _____

Housekeeping: After childbirth there will be a time where the roles of the family members may shift with Mom no longer as available for household chores and/or cooking. Below you should list some alternatives for accomplishing the necessary work as this is important for the smooth running of your home.

Who will do the cleaning? _____

Who will do the cooking? _____

Who will do the laundry? _____

Who will do the shopping/running errands? _____



Memories: How do you want to remember your baby moon? Ideas include scrapbooking, making a baby book, making a digital book full of stories and pictures. What ideas can you come up with?

How I want to record my baby's early moments: _____

Mom's Recovery: Consider what vitamins and herbs you wish to take during your postpartum period. I also recommend looking into placenta encapsulation, especially if you've had previous experience with postpartum depression and/or low milk supply. Also consider what you may need for breast care (lanolin and/or coconut oil) and perineum healing (sitz bath, DIY padsicles, etc).

Vitamins I plan to take: _____

Herbs I plan to take: _____

Placenta Encapsulator I'm hiring: _____

Breast Care: _____

Perineum Care: _____

Other Ideas: _____

Exercise/Self-Care: Every woman needs to have some plan of how to relax and take care of themselves during times of change. Ideas include reading, exercise, hot baths, stretching, friendship, even having chocolate on hand. Also, how important is weight loss and an exercise routine to you? Something to consider is setting up a plan for after the baby is born of when to start walking, a healthy eating plan, even an exercise routine you'd like to start.

Exercise Routine I'd like to follow (DVD, book, etc.): _____

Diet I'd like to follow (after milk supply is established): _____

Things that help me relax: _____



New expectations of each other:

As the mother a new expectation I have for my spouse is: _____

As the father a new expectation I have for my spouse is: _____

Sleeping Arrangements: Where do you want your baby to sleep during the day and during the night? They don't have to be the same place but many times it is convenient that it is so. Options include co-sleeping, cradle, crib, play pen, portable bed, even a lined laundry basket until something else is arranged! Then, decide where to keep it.

Baby's sleeping quarters during the day: _____

Baby's sleeping quarters during the night: _____

Siblings: Children adapt very well. Bringing a new baby into the house doesn't have to upset toddlers and young children, contrary to what the modern world will tell you. It's important to just give the siblings a sense of normalcy and keep their regular routines up. And, don't forget to let your other children know how important they are to you and how much you love them.

Routines to maintain: _____

Consider a gift(s) for your children: _____

Family Feeding: Here is where you consider your families feeding habits and, of course, what you plan to eat! Included in this plan is a one page plan for you to fill out what your family will eat for breakfast, lunch, dinner, and snacks. Here you can choose different meals to freeze and fill in to your worksheet. When it comes time to use the food on your worksheet don't feel like you have to follow the meals day by day. Skip around a little if you'd like! Eat Monday's dinner on Friday if you'd like!



Breakfast: As breakfast isn't always a structured meal in families, here you can list options/ideas for you to have on hand during the postpartum period. Examples: eggs, toast, oatmeal, ham, cereal, etc.

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Lunch Plan: As lunch isn't always a structured meal in families here you can list options/ideas for you to have on hand during the postpartum period. Examples: ham sandwiches, chicken noodle soup, spaghetti, etc.

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Snack Plan: All nursing moms (and toddlers for that matter) need healthy snacks. Prepare now so they will be there when you need them. Examples: cheese sticks, nuts, fruit, celery sticks with peanut butter, etc.

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Dinner Plan: As dinner should be a structured meal in families here you can list main dishes with side dish options that you have frozen or have ingredients on hand that make VERY easy meals. If you are freezing your meals please make sure you properly label them with cooking time and temperatures included on the label (aluminum foil and sharpie pen).

Example: Frozen lasagne, frozen veggie, frozen French bread. Bake at 375 for 50 minutes, rest 10 minutes.

Here you can list a schedule for the next 14 dinners, or two weeks worth.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____