



My Postpartum Plan Worksheet

Sleep and Rest

1. How many hours of sleep did you require pre-pregnancy? This is your daily sleep goal. (Check out my blog post on 4 New Parent Sleep Hacks!)
2. Where will baby sleep at night? (Co-sleeping in my bed? In the same room but in a crib/cradle/co-sleeper? In his/her own room?)

Physical Recovery

1. What is important to you when determining how you expect to physically recover from the birth?
2. How will you achieve these things (Sleep, self-care, exercise, support, etc)?

Breastfeeding/Infant Feeding

1. How do you plan on feeding your baby?
2. If you are breastfeeding, do you have support? (If this is your first time breastfeeding, plan on getting some sort of support.)
3. What are your expectations for feeding baby? Feeding cues? Schedule?

Care for Baby

1. Will you have a feeding/elimination chart for baby? (Use my free printable chart!)
2. Who will change diapers? Bathe baby?

Mental/Emotional Recovery

1. Do you and your partner know the signs of post-partum depression?
2. How will you care for your mental and emotional health? Prayer? Meditation? Sleep? Other?

Care for Siblings/Pets

1. Who will care for siblings during the postpartum period? What care will be needed?
2. Who will care for pets?



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In-Home Help

1. Will you have extra help around the house for laundry, dishes, meals, etc?
2. Who will help? (Partner? Relatives? Friends? Postpartum Doula? Nanny?)

Meals and Food

1. What meals can you make ahead and freeze for the weeks following birth?
2. Consider making double batches of meals now to freeze for later.
3. Will you have meal preparation help after the birth?
4. Who will cook after baby arrives (not Mom)?
5. What nutritious and affordable take-out and delivery options do you have available?
6. What nutritious quick breastfeeding snacks can you have on hand?

Visitors and Guests

What is our policies for visitors?

Calling ahead? Holding baby? Other?

We expect to have _____ visitors in the first week.

We expect to have _____ visitors in the second week.

**plan to limit guests during the early weeks if necessary. Be clear with family and friends your thoughts on visiting. Ask all visitors to wash their hands and even help with household chores during their visit!

Our Relationship

It is important for our relationship that we...

Laundry and Chores

1. Who will do the laundry?
2. What other chores need to be done? Who will do them?

As a Mother, I expect the Father's role to be...

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My Postpartum Plan Worksheet

Mom's Greatest Concerns

Dad's Greatest Concerns

Summary of Roles/Expectations

Who will:

1. Care for the baby?
2. Care for the siblings?
3. Do the cleaning?
4. Do the cooking?
5. Do the laundry?
6. Be at home?
7. Do the shopping?
8. Run the errands?
9. Transport siblings to places?
10. Care for pets?
11. Other?

Other important things to discuss

For great resources and tips on Postpartum Recovery, check out my blog:
www.TheBirthWhisperer.org



How to Plan for Postpartum (Pregnancy Checklist)

Organization:

- ❑ Fill out the [Postpartum plan worksheet](#) with your partner during your third trimester. Don't wait too long in case baby comes early!
- ❑ Schedule a time to go over the postpartum plan with your partner and come up with your postpartum game plan.
- ❑ Read [this post](#) to understand your need for postpartum recovery.
- ❑ Do you have older children or pets? Plan on finding help to care for them during the first couple weeks.
- ❑ Hire temporary postpartum help: postpartum doula, cleaning service, temporary nanny or child-care help or ask friends and family to help.

Food:

- ❑ Stock your freezer with extra meals that can be thrown into the crock pot or oven. If you need ideas, here is a great [meal planner](#) that makes short work of meal prep. during pregnancy! This planner comes complete with 100+ healthy recipes, shopping lists, freezer labels and much more! Get your healthy freezer meal planner [here](#).
- ❑ Ask friends to set up a [Meal Train](#) or have people bring freezer meals as part of your baby shower!
- ❑ Stock up on snacks that are high protein and easy to grab, such as yogurt, cheese sticks, trail mix, protein bars, muffins, etc. Breastfeeding makes you soooooo hungry!
- ❑ Make sure that you have a water bottle or large cups with straws for easy drinking during nursing. You will need to drink LOTS of water!
- ❑ Set up a breastfeeding station with snacks, water and other essentials that you will need while "camping out" with your baby.

For Nursing:

- ❑ 2-3 [Nursing tanks](#)
- ❑ 2-3 [Nursing bras](#)
- ❑ A good breast pump with parts washed and ready to go. [This is my favorite one](#). Before you buy, find out if your insurance covers them first!
- ❑ [Milk storage bags](#)
- ❑ [Disposable nursing pads](#)
- ❑ Wash and sterilize all bottles, nipples and pacifiers so they are ready for use.
- ❑ Take a breastfeeding class and/or find a breastfeeding support group such as [La Leche League](#).



Healing Supplies for Mom:

- Rice bag or heating pad for after pains.
- Maxi pads for postpartum bleeding. You will need the thick ones like these.
- Cooling pads for your perineum.
- Lavender essential oil. Add to the Peri bottle when you rinse, and the oil will help to heal any tears and help prevent infection.
- A boppy pillow or hemorrhoid ring. If you have stitches *down under*, this will make sitting much more comfortable!
- Earth Mama Organics have some great postpartum products and breastfeeding products that will be extremely soothing for you! I highly recommend them for sore bottoms, stitches and nipples!
- Padsicles! Ice packs feel awesome in those first swollen days and a padsicle can help with both swelling and irritation. Make them ahead and stock your freezer with them! Here is a great herbal recipe: <http://just-making-noise.com/pregnancy-notes-soothing-postpartum-pads-recipe/>
- Extra large panties, in dark colors, because leaks are bound to happen. It's helpful to have a larger size to accommodate the large pads and ice packs in the early days after birth.
- Comfortable pajamas or lounge clothes
- Postpartum herbal sitz bath salts. Here is a great DIY recipe to make ahead!

For Baby:

- Shop for baby clothes and supplies.
- Start a baby registry. Check out this post for ideas for a baby registry or how to start a shopping list for your baby supplies.
- Plan for baby's sleeping arrangements such as a co-sleeper, bassinet, or pack n play. Keeping baby close by at night will make night feedings much easier during the postpartum time.
- Pre-wash baby clothes and bedding.
- Set up the nursery or baby's space.

For the Home:

- Get Netflix, cable, internet TV or borrow some DVDs. There will be times where you will be nursing the baby non-stop on the couch. This is called "Cluster feeding." Binge watch and rest!
- Set up a few baby changing stations around the house: your bedroom, nursery, living room, family room, etc. You won't want to be doing stairs during the early weeks! Even a basket and towel will do.
- Make sure that you have a camera that is ready to go! You'll want to take lots and lots of pictures of this precious time!
- Declutter, clean and spend time organizing your home, especially the areas that bug you most!

For more great FREE tips and help with pregnancy, childbirth, postpartum and newborn care, subscribe to my blog for new mamas: <https://theBirthWhisperer.org/>