



My Postpartum Plan

Being a new parent can be exciting but also exhausting and overwhelming. New parents spend lots of time preparing for the baby but after the baby is born, they may wish they had spent more time focusing on life after the delivery. This postpartum plan was created with that in mind and to get you thinking of areas you might want support with once the baby is born. Create this resource now and refer to later when too tired or too stressed to make a decision. This list can also guide loved ones who may want to help. Sometimes, we will make suggestions; you can add what works for you and your family. As with all plans, expect to change and modify it as you learn more about yourself and your needs.

Friends and Family

People who live nearby and are willing to help	People who are parents and you trust for advice
•	•
•	•
Someone you can call just to talk... or cry... or laugh.	
•	
•	

Community Resources

Local or Virtual Support Groups for New Parents	Lactation consultant (if you choose to breastfeed)
•	•
•	WIC (if you are eligible)
Postpartum Doula	•
•	

Mental Health Resources

Your therapist or Counselor	Maternal Mental Health Hotline
•	• 1-833-9-HELP 4MOMS
Your psychiatrist	National Suicide Prevention Hotline
•	• 1-800-273-TALK (8255) or 988
Georgia Crisis and Access Line	Postpartum Support International Helpline
• 1-800-715-4225	• 1-800-944-4773

Helpful Tasks:

Friends and family might ask what they can do to help. Having a list of chores which you may be too tired or unable to perform may help when people offer to help. Coming up with a list of ideas in advance might help. Try to be specific, people like to know what is expected of them. The goal is some time, so you can take a shower or have some time for your personal needs.

• Doing the dishes	•
• Empty the dishwasher	•
• Fold the clean laundry.	•
•	•

Self-Care: Pleasurable and healthy activities done before the baby is born do not have to stop after birth. Some ideas include; take a walk outside, call a friend, enjoy a cup of your favorite warm beverage.

• Take a walk	•
• Do your nails	•
•	•

Fostering Your Relationship:

If you are in a relationship what activities do you enjoy doing together? List the ones which you want to continue once the baby is born.

•	•
•	•

Who can you reach out to for childcare to make sure some of these activities happen? Consider offering to watch your friends' child(ren) so they can enjoy a night out. [They can repay you by watching your baby.](#)

•
•
•

Sleeping:

Where will the baby sleep?	What is the schedule for waking up to feed and change the baby?
•	•
Who will help ensure the new parent gets enough sleep?	
•	•

Visitors:

People- family, friends and coworkers- may want to meet the baby. While people may have expectations, you are not required to host people right after you have a baby. Consider the following if you are willing to have visitors.

Will you host overnight guests (not helpers)?	• Yes	• No
Are children welcome to visit the baby?	• Yes	• No
Do you have vaccine requirements for visitors?	• Yes	• No
Will you allow everyone/anyone to hold your infant?	• Yes	• No

Older Children and Pets:

For those that have older children, or even pets, with which tasks do you need help?	
Walking the dog	
Taking children to/from school etc	