

POSTPARTUM PLAN: YOUR SUPPORT SYSTEM (Family, friends, community groups)

SUPPORT FOR REST IN THE EARLY DAYS: During the early weeks following the birth of your baby, you will need extra help to ensure that you can meet your needs for sleep. Support during the night, naps, and tag-teaming methods can be very effective tools.

THE FOLLOWING PEOPLE ARE AVAILABLE TO HELP SUPPORT OUR REST:

_____ is available to help during the day.

_____ is available to help during the evening.

_____ is available to help during the night.

NUTRITIOUS MEALS AND ADEQUATE HYDRATION ARE VERY IMPORTANT: Friends, family members, neighbors, coworkers, and friends through religious affiliations are great resources of food. Let them know what types of meals you'd like. You can also make ahead meals and freeze them.

THE FOLLOWING ARE PEOPLE WHO WILL BE WILLING TO BRING US FOOD IF WE ASK:

THE NEED TO HAVE A GROUP OF FRIENDS WHO ARE ALSO PARENTS OF YOUNG BABIES:

Research confirms that having people to talk to who can empathize with our experiences normalizes our problems and makes them bearable. If you can't identify friends with children, here are a few potential sources: your childbirth ed. class, online discussion groups, local mom groups, and your religious community.

THE FOLLOWING PEOPLE ARE FRIENDS OR NEIGHBORS WITH BABIES OF THEIR OWN:

FEEDING SUPPORT: It's important to establish a plan for feedings. This plan will be dependent upon whether you're choosing to breastfeed, breastfeed and pump, or formula feed. Support in this area, can be many things; moral support, educational support, feeding the baby, preparing formula, cleaning bottles, etc.

IF I HAVE QUESTIONS ABOUT BREASTFEEDING I CAN CONTACT: _____

THE FOLLOWING PEOPLE CAN HELP WITH MY FEEDING SUPPORT PLAN:

SUPPORT FOR OLDER SIBLINGS: Older children will experience a time of transition so planning ahead to ensure that the transition goes smoothly is key.

NEEDS OF OUR OLDER CHILDREN:



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HOUSEHOLD CHORES: During the early weeks following the birth of your baby, you will need extra help to manage household tasks.

THE FOLLOWING PEOPLE ARE AVAILABLE TO HELP WITH OUR HOUSEHOLD CHORES:

_____ is available to help during the day.

_____ is available to help during the evening.

_____ is available to help on the weekends.

Tips: use paper products to avoid dishes building up, ask visitors to stop at the store and grab necessary toiletries on their way over to visit the baby. Set up a chore for a snuggle rule. Limit unhelpful visitors, and hire out if possible or necessary.

PET CARE: If applicable, arrange who will care for your pets while you unable to do so.

THE FOLLOWING PERSON WILL CARE FOR OUR PETS:

EMPLOYMENT PLANS: I have prepared my leave time so that there are no reasons for my boss to contact me.

QUESTIONS AND CONCERNS: It is likely I will have questions or concerns about my health or the health of my baby. The following people are people I trust that I can call to answer my questions.

Midwife/OB Provider: _____

Doula: _____

Postpartum Doula: _____

Lactation Professional: _____

Pediatrician: _____

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