

Postpartum wellness plan

It can take time to adjust after childbirth. You don't have to figure everything out on your own. This plan will help you think through what to expect after childbirth and the days and months that follow. Keep in mind that things don't always go to plan, and that's ok. Make changes to this plan as you need.



Parental leave

Who is staying home? _____

How long will you stay home after birth? _____



My care team

My provider/Clinic name _____

Daytime phone number _____ After hours phone number _____

My postpartum check up _____ Date/Time _____

My baby's provider/Clinic name _____

Daytime phone number _____ After hours phone number _____



Supporting me

I feel cared for when someone helps me by: _____

Activities that help me reduce stress are: _____

Things that might trigger stress, anger, or anxiety to me include: _____

Activities that help feel rejuvenated: _____

Mood changes after giving birth are common. If these feelings last more than two weeks, it is important to talk to your provider right away.

My wishes when sharing the news about us

Birth story

welcomed not welcomed for now

Baby's name

welcomed not welcomed for now

Photos

welcomed not welcomed for now

Details about baby

welcomed not welcomed for now

Other (specify) _____

welcomed not welcomed for now

Who do I want to share news on my behalf? (name and phone number) _____

Who should I check in with about this plan? (name and phone number) _____



Support for your physical and mental health are very important.

In case of emergency

For immediate help - 911 **Postpartum Support International** - 1-800-944-4773

Suicide & Crisis Lifeline - 988 **National Maternal Mental Health Hotline** - 1-833-943-5746

My provider (name and phone) _____

My emergency contact (name and phone) _____



When and where visitors are welcome

Are visitors permitted at the hospital/birthing facility? _____

Do I want visitors once I get home? _____

Phrase for partner to help encourage guests to leave is: _____



Rest and sleep

Where will my baby sleep? _____

Who will care for my baby when I'm sleeping? _____

Sleep is a vital part of your overall health and wellbeing. Consider asking for help so you can rest.



Nutrition

Support your well-being, make healthy food and hydration choices.

Some of my favorite pre-made healthy meals and snacks: _____

Restaurants that offer delivery and takeout: _____

Regular grocery items people can help shop for: _____



How others could help me and our family:

- I'd like a ride to an appointment
- I'd like someone to watch my baby during an appointment
- I'd like someone's help with chores around the house
- I'd like someone's help with school drop off and pick up
- I'd like someone's support with errands



List of other items or tasks that people can help with: _____



My support system

Asking for help is one of the best ways to take care of yourself.

Childcare options for other children

Name and contact phone number _____

Name and contact phone number _____

Name and contact phone number _____

List of trustworthy family and friends that offer support and listening ear

Name and contact phone number _____

Name and contact phone number _____

Name and contact phone number _____