

## Postpartum Plan

You are not alone and don't have to do it all by yourself. It is okay to ask for help which can take many forms from chores to social support, etc. In some cultures, there is a focus on others taking care of the mom and dad/non-birthing partner so they can then put their energy towards healing and taking care of their baby. This is a practice that we are starting to see more in North America and I encourage you to think about this option if you have supportive people who could help. Please also remember there is no one right or wrong way. What matters most is what works for you and your new family. Having a general idea of how you would like things to be can help decrease stress and anxiety.

Who are your key resource people that help you feel better and would be helpful to have near?

Who are loved ones who might not be helpful to have near during this time?

What do you want the first few weeks after birth to look like?

If you want time with just your immediate family after birth, who could be a good “gate keeper” who could communicate this to others and make sure your wishes are honored?

Who could help with:

Meals:

Childcare:

Pet care:

Housework:

laundry:

dishes:

bills:

other:

Who could help with transportation for:

your appointments:

child's appointments/activities:

groceries:

Who would be good for general support/spend time with:

What do you need to feel healthy and how can you incorporate this into your schedule?

What are some warning signs that you might be struggling with postpartum depression?

Who could you talk to if you were concerned you might have postpartum depression?

If you are going back to work outside the home, when do you want to go back?

What are keys things you and others could do to help with this transition?

What are some helpful things others could say or do during your postpartum time?

What are some thing that would not be helpful for others to say or do during this time?

If there was one helpful message you'd like to keep in mind it would be:

Key points to remember: