



The Relaxed
Mama Club

Postpartum Plan

Congratulations! You're having a baby. You've thought about your birth plan and are now thinking ahead and preparing for life with your newborn.

A **postpartum plan** is just as important as a birth plan. It's a written document that you prepare with your partner to express your goals and preferences for life during the first weeks and months with your new baby. It's a tool to help you identify resources before you need them. Think of this template as a worksheet to help you organize your thoughts and plan for life with your new baby so that you can reduce your stress and ease your transition into parenthood.



1. Parental Leave

Who is staying home, and for how long?

2. Visitors

We expect to have _____ visitors the first 3 days.

We expect to have _____ visitors the first 2 weeks.

Visits should last no longer than _____

Code word or code phrase for partner to help encourage guests to leave is

*Remind visitors to wash their hands when they enter and avoid kissing baby during their visit.

A list of tasks that visitors can help with while visiting:

- _____
- _____
- _____
- _____

*Some ideas: empty the dishwasher, fill the dishwasher, watch the baby as mum takes a shower, fold baby laundry, entertain older children, walk the dogs.

3. Parenting Roles

As the mother/birth parent, I expect my partner's role to be:

- _____
- _____
- _____

As the partner, I expect the mother/birth parent's role to be:

- _____
- _____
- _____

Parenting/Family Responsibilities: who will be doing the following? (It may be one of you, both of you, or someone you hire)

- | | |
|------------------------|-------------------------------------|
| _____ Changing nappies | _____ Feeding the baby |
| _____ Calming the baby | _____ Burping the baby |
| _____ Bathing the baby | _____ Going on walks with the baby |
| _____ Cooking | _____ Laundry |
| _____ Housecleaning | _____ Caring for the older children |
| _____ Pet care | _____ Bills and finances |
| _____ Food shopping | _____ Other errands |

4. Sleep & Rest

Where will the baby sleep?

_____ Co-sleeping in my bed _____ Crib in his/her own room
_____ In our room but in their own crib/co-sleeper

Who will care for baby during the day?

_____ Mum/birth parent _____ Partner _____ Family Member/Friend
_____ Postpartum Doula

Who will care for baby at night?

_____ Mum/birth parent _____ Partner _____ Family Member/Friend
_____ Postpartum Doula

*Will you and your partner both be getting up at night? (For example, one feeds the baby and afterwards the other burps the baby, changes the baby, puts baby back to sleep?) Or will you take shifts? (For example, Partner 10pm-1am, Mum 1am-5am, Both 5am-10pm)

Who can help you?

1. The mornings?

2. The afternoons/evenings?



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3. Overnight?

4. Who can "move-in" for a week or two for extra support?

5. Food & Hydration

Meals to prepare:

Online food shop:

Takeaways:

6. Breastfeeding/Bottle Feeding Support

I plan to:

___ Breastfeed on demand ___ Breastfeed on a schedule
___ Pump and bottle feed ___ Formula feed

Who will support and encourage your feeding choices? (Friends, relatives)

Local Resources for Infant Feeding:

- Koala North West Breastfeeding Groups
- Midwife / Health Visitor
- Lactation Consultant

7. Sibling Support

Who can help care for your older children in those first few weeks?

Any special needs or routines that are important for them to know about your child(ren)? (For example, diet, allergies, medications, routine, etc.)

8. Pet Support

Who can help care for your pets?

Any special needs or routines that are important to know about your pet(s)?
(For example, diet, medications, routine etc.)

9. Me Time

Mum/birth parent

What calms you?

What brings you joy?

What re-energises/re-charges you?

What food/items provide comfort?

How can my partner help?



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Partner

What calms you?

What brings you joy?

What re-energises/re-charges you?

What food/items provide comfort?

How can my partner help?

Together

What activities do you both enjoy doing together that will help you reconnect as a couple?

It is important in our relationship that we:



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10. Community Support

Who do we know that has a baby or young children?

What are some groups, organizations, or other resources that we can connect with that have parents with young babies?

11. Mental Health Support

Perinatal mood and anxiety disorders (PMADs) affect up to 20% of pregnant people and new parents. Fathers can experience depression and anxiety disorders too after baby's birth. This is why it's important to have some resources in place as well as a list of local mental health care professionals who can assist if needed

Do you and your partner know the signs of PMADs? _____ Yes _____ No

____ I have talked with my midwife about the baby blues.

____ I have talked with my midwife about perinatal mood and anxiety disorders.

____ I have talked with my partner about perinatal mood and anxiety disorders.

____ I will be aware of my own mood changes after childbirth and ask for help if I need it.

Who is supportive that can I call if I'm feeling blue and need someone to listen?

What are some local postpartum support groups that I can turn to?

Who are some mental health professionals that I can connect with that specialize in postpartum/family therapy?
