

POSTPARTUM

care plan

How much sleep do I need/expect in 24 hours? _____

SLEEP

Where will the baby sleep?

- In our bed
- In our room in a bassinet
- In a nursery/separate room

Who will care for the baby at night? (Select all that apply)

- Mom
- Partner
- Family member or friend
- Postpartum doula
- Nanny

VISITORS

We expect to have __ visitors in the first 3 days

We expect to have __ visitors in the first 2 weeks

We expect a visit from a friend to last _____

We expect a visit from family to last _____

Here is a list of tasks visitors can help with:

Consider who will do the following:

(it may be one or both of you or someone you hire)

- | | |
|--------------------------|--------------------|
| Changing Diapers | Laundry |
| Bottle feeding | Housecleaning |
| Calming the baby | Pet care |
| Taking the baby on walks | Bills and Finances |
| Dinner prep or take-out | Grocery Shopping |
| | Other Errands |

FEEDING

I plan to: (Select all that apply)

- Breastfeed on demand
- Breastfeed on a schedule
- Pump and bottlefeed
- Formula feed

MEALS

We plan to: (Select all that apply)

- Have frozen meals prepared
- Prepare meals day to day ourselves
- Create a meal train
- Order take out _____ times a week

ROLES

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

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



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SELF-CARE

What are ways I can practice self-care?

What food or items provide me comfort?

What are ways my partner can help me feel recharged?

