

PREPARING FOR SURVIVAL

Postpartum Care Plan

Use this guide with your partner or support person to start planning how to manage in the early days with your new baby

SLEEP

- How many hours of sleep do you **need** to survive in 24hrs?
- Where is everyone going to sleep?
 - Mom:
 - Partner:
 - Baby:
- Is there anyone else to help overnight?

ZZZ

EATING

- How will meals be prepared?
 - Partner
 - Family/Friend
 - Order out/delivery
 - Meal train
 - Pre-prepped frozen meals
 - Postpartum doula



HOUSEHOLD



- Who will get groceries?
 - Partner
 - Family/Friend
 - Delivery
- Who will do laundry (parent's/baby's/linens)?
 - Partner
 - Family/Friend
 - Other option (laundry service/PP doula/etc)
- Who will do the cleaning (tidying, dishes, vacuuming, cleaning surfaces)?
 - Partner
 - Family/Friend
 - Cleaning service
 - Other option (PP doula/let it be a mess/etc)
- Who will pay bills/manage finances?



SELF CARE

- If partnered, who do you trust to care for the baby so you can spend time together? If not, so you can spend time by yourself?
- *Both partners:* What in your environment helps you feel calm? (i.e. tidiness, music, certain lighting, etc.)
- *Both partners:* What personal activities do you do now that are important for you to maintain after the baby is born?
- *Both partners:* If you can only get 10 min. to yourself, what are some things you can do to take care of yourself? (i.e. take a walk, call a friend, take a shower, etc.)

BABY CARE

- How do you plan to feed baby and who will do it?
- Who will be getting up at night?
 - How will that person get rest during the day?
- Who will change diapers?



OTHER THINGS TO CONSIDER

- Pets (feeding/walking/litter box)
- Siblings (childcare pick-up & drop-off, school/daycare communication, bedtime, special time with each parent)
- Lawn care/snow removal
- Visitors
 - How many per day are you comfortable with?
 - Who will communicate with visitors?
 - Tasks to have visitors help with



I hope this Postpartum Care Plan helps to make you feel more prepared and empowered!

For additional support, schedule a call to find out how I can help:
<https://www.motherloverot.com/book-online>