



## 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>