

YOUR

Postpartum Plan!

TO HELP YOU FEEL MORE IN CONTROL AND REALIZE YOU ARE NEVER ALONE!



Build and list your team:

Healthcare provider's number for any questions or concerns:

Pediatrician and call nurse's number for questions about baby:

Lactation consultants in your area and number:

Postpartum support groups in area and number:

International Postpartum support line:
1-800-944-4773 (text or call and someone will contact you within 24 hours).

List of trustworthy friends that offer support and listening ear:

Childcare options for other children:

Cleaning help options - paid or not! (May want to make cleaning chart for other kids).

Expand your team with your mindset; include even those you would not expect. For example, see your other kids as your helpers! Seek out friends and family's strengths and draw upon those!

Identify strategies for adequate sleep:

- Nap whenever possible.
- Consider white noise machine for sleep.
- Dim lighting/ use of a night light for infant care.
- Avoid reading, watching TV, or being on cell phone while in bed/ during infant feeds.
- Avoid large meals right before bedtime.
- Expose yourself and baby to daylight to help regulate sleep wake patterns (Lee & Gay, 2011).

Create bedtime routine for you and family:

What has previously helped you with insomnia?

Have realistic sleep expectations (waking every 2-3 hours). According to Okun (2015), in addition to waking for infant cares, the rapid decrease in estrogen and progesterone post-delivery increase moms' sleep disturbances.

Prepare for adequate nutrition and hydration:

- Pre-made healthy meals and snacks.
- If breastfeeding, have a "breastfeeding station" stashed with snacks and water.
- Consider asking a friend to set up a meal train!

Grocery pick up and grocery lists/ easy meals identified:

List of items that people can help with:

- Keep breastfeeding station stalked with healthy snacks and water.
 - Meals (GrubHub, DoorDash, Postmates, and Uber Eats are all great options for distanced support.
 - Cleaning/chores: dishes, vacuuming, dusting, watering plants, laundry etc.
 - Spending quality time with other children.
 - Care for baby while you have a moment for self-care.
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People want to do something that is **MEANINGFUL** for you, most people just need to be asked in a **SPECIFIC** way.

List of activities that help you feel happy and rejuvenated:

- Get outside daily.
- Think of getting yourself a small postpartum gift such as pajamas, a robe, candle or lotion.

Connect with significant other or friend by:

What other simple things bring you joy?

Additional tips:

- Remember this is a phase.
- You are not alone.
- Ask yourself, "What would this look like if it was easier?" and delegate what you can.
- Look for and identify blessings/ joyful moments.
- Keep to-do lists **SHORT!**
- Use affirmations/mantras and post them around your home such as: "I am enough", "I have a team and am supported", "I am present to the moment", and "I am creating a masterpiece."

References:

Lee, K. A., & Gay, C. L. (2010). Can modifications to the bedroom environment improve the sleep of new parents? Two randomized controlled trials. *Research in Nursing & Health*, 34(1), 7–19. <https://doi.org/10.1002/nur.20413>

Okun M. L. (2015). Sleep and postpartum depression. *Current opinion in psychiatry*, 28(6), 490–496. <https://doi.org/10.1097/YCO.000000000000206>