

### WORKSHEET – POSTPARTUM PLAN

List the people willing to help you get the sleep, nourishment, and complete home tasks. Provide the emotional support you need to recover from your pregnancy and breastfeed? Who will share parenting responsibilities and help you take a break? Enjoy sun and fresh air? Include your family, friends, doulas, home visitors and neighbors, and other support from church/community.

| REST and SLEEP (when available)   | FOOD   | UNDERSTANDING FROM PEERS:                                   |
|---|--|---|
| Daytime Naps:<br><hr/> <hr/> <hr/>  | Who will help if asked? # of weeks?<br><hr/> <hr/> <hr/>   | Names of friends who are also parents:<br><hr/> <hr/> <hr/> |
| Early Evening Sleep Shift:<br><hr/> <hr/> <hr/>                               | Will schedule to bring/prepare food:<br><hr/> <hr/> <hr/>  | People you met at childbirth classes:<br><hr/> <hr/> <hr/>  |
| Overnight/full-part – specific nights:<br><hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | Will bring frozen foods:<br><hr/> <hr/> <hr/><br>Affordable take-out/delivery:<br>Grocery Shopping:<br><hr/> <hr/> <hr/> | Other Notes:<br><hr/> <hr/> <hr/> <hr/>                     |

| HELP CARING FOR YOUR CHILDREN   | BREASTFEEDING SUPPORT                        | TIME ALONE or with YOUR PARTNER                                  |
|---|--|--|
| What will your children need?<br><hr/> <hr/> <hr/>  | People to cheer you on:<br><hr/> <hr/> <hr/> | Who will provide occasional childcare?<br><hr/> <hr/> <hr/>      |
| People who will spend quality time:<br><hr/> <hr/> <hr/>                                  | Experts you trust:<br><hr/> <hr/> <hr/>      | Professional childcare providers:<br><hr/> <hr/> <hr/>           |
| People to provide transportation to school, daycare, and activities:<br><hr/> <hr/> <hr/> | Support groups:<br><hr/> <hr/> <hr/>         | Activities to nurture self:<br><hr/> <hr/> <hr/>                 |
| Children's schedule:<br><hr/> <hr/> <hr/>   | Other Notes:<br><hr/> <hr/> <hr/>            | Activities for parents to bond as a couple:<br><hr/> <hr/> <hr/> |