

# Postpartum wellness plan

**It can take time to adjust after childbirth. You don't have to figure everything out on your own. This plan will help you think through what to expect after childbirth and the days and months that follow. Keep in mind that things don't always go to plan, and that's ok. Make changes to this plan as you need.**



## Parental leave

Who is staying home? \_\_\_\_\_

How long will you stay home after birth? \_\_\_\_\_



## My care team

My provider/Clinic name \_\_\_\_\_

Daytime phone number \_\_\_\_\_ After hours phone number \_\_\_\_\_

My postpartum check up \_\_\_\_\_ Date/Time \_\_\_\_\_

My baby's provider/Clinic name \_\_\_\_\_

Daytime phone number \_\_\_\_\_ After hours phone number \_\_\_\_\_



## Supporting me

I feel cared for when someone helps me by: \_\_\_\_\_  
\_\_\_\_\_

Activities that help me reduce stress are: \_\_\_\_\_  
\_\_\_\_\_

Things that might trigger stress, anger, or anxiety to me include: \_\_\_\_\_  
\_\_\_\_\_

Activities that help feel rejuvenated: \_\_\_\_\_  
\_\_\_\_\_

Mood changes after giving birth are common. If these feelings last more than two weeks, it is important to talk to your provider right away.

# My wishes when sharing the news about us

Birth story	<input type="checkbox"/> welcomed	<input type="checkbox"/> not welcomed for now
Baby's name	<input type="checkbox"/> welcomed	<input type="checkbox"/> not welcomed for now
Photos	<input type="checkbox"/> welcomed	<input type="checkbox"/> not welcomed for now
Details about baby	<input type="checkbox"/> welcomed	<input type="checkbox"/> not welcomed for now
Other (specify) _____	<input type="checkbox"/> welcomed	<input type="checkbox"/> not welcomed for now

Who do I want to share news on my behalf? (name and phone number) \_\_\_\_\_

Who should I check in with about this plan? (name and phone number) \_\_\_\_\_



## Support for your physical and mental health are very important.

### In case of emergency

**For immediate help - 911      Postpartum Support International - 1-800-944-4773**

**Suicide & Crisis Lifeline - 988      National Maternal Mental Health Hotline - 1-833-943-5746**

My provider (name and phone) \_\_\_\_\_

My emergency contact (name and phone) \_\_\_\_\_



## When and where visitors are welcome

Are visitors permitted at the hospital/birthing facility? \_\_\_\_\_

Do I want visitors once I get home? \_\_\_\_\_

Phrase for partner to help encourage guests to leave is: \_\_\_\_\_



## Rest and sleep

Where will my baby sleep? \_\_\_\_\_

Who will care for my baby when I'm sleeping? \_\_\_\_\_

Sleep is a vital part of your overall health and wellbeing. Consider asking for help so you can rest.



# Nutrition

**Support your well-being, make healthy food and hydration choices.**

Some of my favorite pre-made healthy meals and snacks: \_\_\_\_\_

Restaurants that offer delivery and takeout: \_\_\_\_\_

Regular grocery items people can help shop for: \_\_\_\_\_



## How others could help me and our family:

- I'd like a ride to an appointment
- I'd like someone to watch my baby during an appointment
- I'd like someone's help with chores around the house
- I'd like someone's help with school drop off and pick up
- I'd like someone's support with errands



List of other items or tasks that people can help with: \_\_\_\_\_



## My support system

**Asking for help is one of the best ways to take care of yourself.**

### Childcare options for other children

Name and contact phone number \_\_\_\_\_

Name and contact phone number \_\_\_\_\_

Name and contact phone number \_\_\_\_\_

### List of trustworthy family and friends that offer support and listening ear

Name and contact phone number \_\_\_\_\_

Name and contact phone number \_\_\_\_\_

Name and contact phone number \_\_\_\_\_