**Postpartum Plan for**   **Family**

1. **People who can help us rest.** These are people who can help you care for yourself, your baby, and your home to help you get more rest in the first few weeks. Consider family members, friends, members of religious or community groups, and postpartum doulas.

Two people who can help during the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Two people who can help in the evening: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Two people who can help at night: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Nutritious, adequate meals and hydration.** Friends, family, co-workers, and religious affiliations are often eager to help. It is recommended to use a designated person, or service like MealTrain.com to organize volunteers and delivery. You can also plan and make freezer meals during your pregnancy for use after the birth.

People who will be willing to bring us food if we ask: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Nutritious, affordable take-out or delivery options include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Knowledgeable, empowering breast/chestfeeding support.** Breast or chestfeeding is natural, but doesn’t always come easily.Taking these steps to prepare will help set you up for success.

Friends or relatives supportive of my breast/chestfeeding I can count on to cheer me on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Professional lactation support (IBCLCs or CLCs) who will help me with any challenges I may face: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Local support groups where I can find emotional support and quality information are:

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1. **Support for siblings.** Older children will experience a time of transition following the addition of a newborn to the family. Plan ahead to ensure older children have time to welcome the new baby but still have special time with their parents is important in ensuring a smooth transition.

Needs of our children might include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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People who will be able to spend time with our children, and help with transportation to school/daycare/activities include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Specific strategies we plan to use to lovingly blend this new baby in with our existing family include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Parent self-care; maintaining sense of ‘self’ and ‘us’.** The time spent together as a family is priceless. Many parents feel having occasional ‘me’ and ‘us’ time helps them to be more loving and better bonded with their family.

Loving, responsible friends and family who I know would be willing to provide occasional childcare: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Loving, responsible professional childcare providers include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Activities and ‘breathers’ that help me feel nurtured, rested, and energized include:

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Activities and ‘breathers’ that will help us connect and strengthen our bond as a couple include:

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1. **Friends who are in the same phase of life.** Having someone to talk to who can empathize with our experiences normalizes our experiences and helps us cope. If you cannot identify several peers with young babies, think of where you can find them. Places such as childbirth classes, breastfeeding support group, mutual friends, “mom’s day out” groups, and religious community members can be a great place to start.

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1. **Mental health. You deserve to be well.**

Postpartum mood disorders are the most common complications of pregnancy and birth and affect up to 1 in 5 birth parents in the year after birth. Fortunately, they are temporary and respond well to treatment; which often includes self-care, social support, counseling or therapy, and/or medication.

People who will provide a comforting voice or shoulder to cry on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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People I can call late at night: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Local support groups: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Knowledgeable, professional mental health providers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Notes/Other Support: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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