

# Postpartum *Plan* for

Here's a **guide** to think through ideas for support after childbirth.

**Make this yours!** Fill it out and share with other people. Update as your needs change.

## Contact Information

The best person to check in with about this plan:

Contact them through:

## Communication

People have different feelings about how they want to be contacted, what news others are welcomed to share, and what they would like to hear after birth.

**Outreach to me** is **welcomed** / **not welcomed** right now.

I would like to receive **messages from loved ones** through:

Social media. If yes, which platform:

Email. If yes, address:

Text. If yes, number:

Phone call. If yes, number:

Zoom / Skype / Facetime / etc.

In-person. If yes, please see **Visitors** section.

**If welcomed**, I would like to hear:

That people care about us.

Resources that might be helpful.

Topics around self-care.

Topics around baby care.

Topics around family (relationship or other children) care.

Positive affirmations.

Empathy with challenges.

Stories from others' own experiences

Questions about how we feel.

Questions about what we are doing.

Questions about sleep.

Questions about baby feeding.

Questions about school or work.

Other (specify):

**Sharing news about us** is **welcomed** / **not welcomed** for now.

**If welcomed**, I will share / others may share:

Birth Story.

Birth Location.

Baby's name.

Details about baby (weight, height).

Photos.

Other (specify):

Might we share information with some people and not others? If so, please specify (ex., not from public accounts, showing baby's face):



# Visitors

Some people feel good with loved ones around them in-person and others do better with some space at first.

## Important safety check for all visitors:

### Check which should apply to visitors:

- Wash your hands.
- Share your vaccination status.

- Children are welcome.
- If visitor is a smoker, bring a fresh shirt to wear in the house.

## Are visitors permitted at the hospital / birthing facility?

### If yes:

- Would a visit be nice?
- Who can be there and at what times?
- How long might I want them to stay?

## Might I want visitors once I get home?

### If yes:

- Do I want someone to come by outside?
- Do I want someone to come by inside?
- Are there times that might be better than others for people to visit?
- Do I want visitors to stop by or to come multiple times? If multiple times, might this be **daily / weekly / overnight** ?
- I think that (specify length of time):  
might be the best visit for someone to stay.
- Take off shoes at the door.

## When visitors are with me, they are welcomed to:

- Bring groceries or supplies.  
**If yes**, see Meals and Supplies sections.
- Collect dishes to return from meal drop-offs.
- Hold the baby.
- Take pictures.
- Make my bed.
- Offer me a meal.
- Chop fruits/vegetables for a snack.
- Load / unload the dishes.
- Load / unload the laundry.
- Take out / bring in the trash.
- Water plants.
- Offer attention to others in the household (specify how):
- Examples:
  - Read books to other children.
  - Play outside / walk with other children.
  - Offer attention to pets (specify how):
- Other (specify):

## Food / Groceries

Everybody needs to eat! Providing snacks, meals, and/or groceries can be very helpful after birth.

**Food to freeze before baby arrives:**

**Food to have within reach and to eat with one hand:**

**Some of our favorite dishes include:**

## Support for Me

Support isn't one size fits all. Things are helpful and needed. Sometimes what helps the most is being listened to. Sharing your needs and preferences to those you love can help everyone.

**Here is a list of common postpartum supplies to consider.**

<https://newmomhealth.com/buildingmyvillage/postpartum-supplies>

**I feel cared for when someone helps me by:**

**Activities that help me reduce stress might be:**

**Some things that might trigger stress, anger, or anxiety to me might include:**

**I do not like the following foods:**

**Allergies / intolerances:**

I would be happy to accept meal / snack drop-off.

Do I have a MealTrain set up?

Preferences are shared at my MealTrain.

Contact Person:

Please notify (specify person) by (specify method) when you have dropped off:

I would prefer food brought in disposable dishes.

I would be happy to accept gift cards.

**Types of supplies I welcome might include:**

**Products or supplies that I would love to have at home include:**

I would welcome a ride to an appointment.

I would welcome someone go with me to an appointment.

I would welcome someone watching my baby during an appointment.

I would welcome someone doing school drop-off or pick-up.

I would welcome support with chores around the house.

**Errands that would help our family (specify):**



# Support & Care *for You*

## For New Mothers *and* Those Who Love Them



### NewMomHealth.com

offers expert-written postpartum self-care information. It's a hub designed by moms, for new moms.

NewMomHealth.com is free, evidence-based health information and support for the transition to motherhood that covers postpartum plan topics, including:

- When to call for help**
- Physical recovery**
- Baby care**
- Connecting with other parents**
- Returning to work and/or school**
- Partner support and relationships**

This postpartum self-care resource is available in Spanish (SaludMadre.com). Find information and support for you and your family. Welcoming a baby can be a shift for entire family, and many partners can feel postpartum. You are not alone.

### *You* Matter.

Talk with your health provider and learn about the maternal health warning signs at [NewMomHealth.com/Hear-Her](https://www.newmomhealth.com/hear-her).



### Support for your **mental health** is very important.

If you are feeling these more than half the days or nearly every day, be sure to tell someone you trust.

#### In the last two weeks, how often have you felt:

##### Little interest or pleasure in doing things

Not at all    Several days  
More than half the days    Nearly every day

##### Feeling down, depressed, or helpless

Not at all    Several days  
More than half the days    Nearly every day

##### Feeling nervous, anxious, or on edge

Not at all    Several days  
More than half the days    Nearly every day

##### Not being able to stop or control worrying

Not at all    Several days  
More than half the days    Nearly every day

### Postpartum Support International

offers free mental health information and support. Text 800-944-4773 (English) or 971-203-7773 (Spanish).



For more information, go to  
**NewMomHealth.com**  
and **SaludMadre.com**

### [NewMomHealth.com/MyPostpartumPlan](https://www.newmomhealth.com/my-postpartum-plan)

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