

POST PARTUM PLAN

VISITORS

Who do you want to visit in the first three days?

In the first two weeks?

In the first month?

RESTING

What do you anticipate might be obstacles to resting for you?

What are ways that you can address those?

How will you create space to nap during the day?

How will you manage visitors to ensure space for resting?

How will you manage technology? How and when will you unplug?

FOOD

List three of your favourite and most nourishing meals

List three balanced snacks that you love (you may want to think of things you can eat with one hand!)

Can someone organize a meal train for you? Who?

Include your dietary restrictions for you family and friends:

Assemble takeout menus. What restaurants deliver?

COMPANIONSHIP

Who can you call to tell how you are really feeling about mothering and who will listen without judgment or advice?

Who can you call if you want to take a shower and need someone to hold the baby?

Who would you trust to take your baby for a walk?

Who can you talk to about the hard mothering decisions that you feel would be safe and would not judge you?

Who do you know who makes wholesome and nutritious food?

Who could you call if you want someone to sit with you and hang out?

Who do you know whose mothering you respect?

Who would you like weekly visits from?

Who is knowledgeable about local contacts for health care?

YOUR WIDER VILLAGE OF WELLNESS SUPPORT

Think of who you may need? Make a list now with contact information so you aren't struggling to find them when you need them.

Pelvic Floor Physiotherapist

Lactation Consultant

Chiropractor

Massage Therapist

Acupuncturist

Ob-Gyn

Midwife

Housekeeper

Postpartum Doula

Local Breastfeeding Support Group

Local Play Groups

Mommy and Me Exercise Groups

WHAT BRINGS YOU JOY

When you are feeling off, what gets you back on track? What makes you feel like you?

Make the list your own but here are some ideas:

- Singing
- Music
- Movement
- Reading inspirational words
- Watching great films
- Talking with a dear friend

Make a list of audiobooks, uplifting shows and podcasts that interest you? Have them ready to listen to during long nursing sessions or cuddles.

(From The *Fourth* Trimester, Johnson)

POSTPARTUM RELATIONSHIP GUIDE – For Both

Each of you will fill out the questions. Compare your answers and then use them to help form a plan to stay connected during this time of change.

What is your love language?

What is your partner's love language?

How do you deal with stress?

How does your partner deal with stress?

How do you recognize stress in each other?

How can you help each other cope with that stress when it is happening?

What can you ask each other for now that you can refer to later?

What do you commit to in your relationship once you have a baby?
