

## POST PARTUM PLAN

### VISITORS

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

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In the first two weeks?

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In the first month?

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### RESTING

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

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What are ways that you can address those?

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How will you create space to nap during the day?

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How will you manage visitors to ensure space for resting?

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

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**FOOD**

List three of your favourite and most nourishing meals

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

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Can someone organize a meal train for you? Who?

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Include your dietary restrictions for you family and friends:

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Assemble takeout menus. What restaurants deliver?

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**COMPANIONSHIP**

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

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

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

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

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Who do you know who makes wholesome and nutritious food?

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

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Who do you know whose mothering you respect?

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Who would you like weekly visits from?

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Who is knowledgeable about local contacts for health care?

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#### **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.

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(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?

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What is your partner’s love language?

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How do you deal with stress?

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How does your partner deal with stress?

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How do you recognize stress in each other?

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

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

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

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