



# YOUR POSTPARTUM PLAN

Preparation will help you transition into your new normal sooner and on stronger footing

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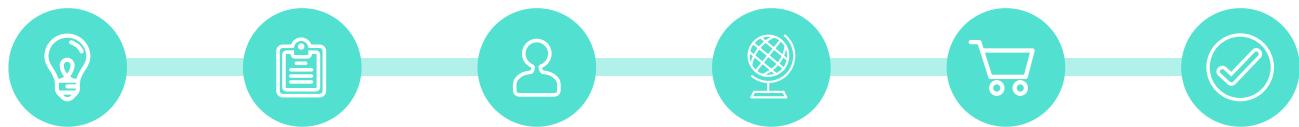


# WHY MAKE A POSTPARTUM PLAN?

[WWW.AFTERTHIRD.COM](http://WWW.AFTERTHIRD.COM)

Most parents write a birth plan, but few write a postpartum plan. However, the first days and weeks at home with a newborn involve a lot more planning and moving parts. A postpartum plan can help you think through your needs and make sure you have the right support in place. It will also strengthen your self-confidence as a new parent.

# THE POSTPARTUM PLAN



## VISITORS

Carefully planning visitors will mean more help in the early days and less work for you

## THE BABY

Have your feeding, care and sleep resources at hand. Know your preferences and goals

## YOU

Know what you need to support your physical recovery and emotional health

## YOUR CAREER

Plan your leave and return. Be proactive about childcare

## YOUR HOME

Plan ahead so you have support with chores and meals in the early days

## YOUR FAMILY

Make sure siblings and pets continue to receive care. Enlist family and friends

## SUPPORT

Prepare a list of resources. Include a list of preferred experts (e.g., lactation)

## YOUR FINANCES

Planning ahead is always a good financial habit



## VISITORS

### YOUR GUEST LIST

**Make a list of who you'd like to visit and when.**

It is natural to celebrate the birth of a new baby! It is also important that visitors come when the family is ready and that the people who come through your home mix well with the feeling you wish to have in your home after you give birth.

**Q1** Who would I like to see during the first week home with my baby?

**Q2** How can they be helpful? Do I feel comfortable asking them for help?

**Q3** As I acclimate to new parenthood in the first month, who would I like to have around- visiting and supporting me and my baby?

**Remember:** it is okay to ask visitors to delay visits until you are ready. It is also important (and normal!) to ask your visitors to bring a meal or snack or to help out with things such as holding the baby so that you can take a shower.

# **YOUR HOME**

## **FOOD AND NUTRITION**

Nourishing meals are important for your physical and mental health. You'll want a variety of options, so make sure to plan ahead.

### **WILL YOU BE PREPARING YOUR OWN FOOD?**

- Create a calendar to plan your meals ahead of time
- Prepare and freeze meals to use during the first month
- Identify someone to help with the shopping or locate a grocery delivery service (or both!)
- Make a list and stock up on easy to prepare snacks and meals

### **WILL OTHERS BE HELPING WITH THE FOOD PREP?**

- Create a calendar with MealTrain.com to organize meals using your favorite foods
- Ask a friend or family member to coordinate the meal sign up for you

### **MONTH 1 TO MONTH 3**

- Identify someone to help with the shopping or locate a grocery delivery service (or both!)
- Make a list and stock up on easy to prepare snacks and meals
- Switch to a weekly meal schedule
- Ask someone to come over one day a week to help you prepare some staples of your weekly diet. Freeze what you can so that things are ready to go without much cooking required



# YOUR HOME

## MEALS FOR THE 1ST MONTH

Nourishing meals are important for your physical and mental health. You'll want a variety of options, so make sure to plan ahead. Here's a calendar to help you schedule your meals and plan your shopping lists.

SUN	MON	TUE	WED	THUR	FRI	SAT

# YOUR BABY

## BABY FEEDING AND CARE

Plan practically for your new normal. Make a list of your preferred infant care products such as diapers, wipes, pacifiers. Research and source supplies for either nursing or bottle-feeding.

### NURSING

#### SUPPLIES

### BOTTLE FEEDING

#### SUPPLIES

### FEEDING CHART

Age	# of feedings in 24 hr
Newborn	8+
1-6 months	8-12
6+ months	5-6

\*These are averages, there are times when babies may nures more

Source: kellymom.com

### SLEEP CHART

Age	Avg awake time	Total sleep time
1 month	45-60 min	14-15 hours
2 months	1-2 hours	14-15 hours
3-4 months	1-2 hours	14-15 hours
4-8 months	2 hours	14 hours

Source: goodnightsleepsite.com, parentingscience.com

### SLEEP PHILOSOPHY

Will you be

COSLEEPING

SLEEPING SEPARATELY



## **YOU & YOUR FAMILY**

### **SIBLINGS & PETS & YOU**

Older siblings will need care and also attention. You will want to maintain their routines, include them in the celebration and help them adjust.

#### **SIBLINGS**

-  How will siblings be included in the celebration of the new baby?
-  How can their routine be maintained after the new baby arrives?
-  Is there someone close to the family who can spend extra time with the other children in the initial weeks after the baby arrives?

#### **PETS**

-  Will you benefit from some backup care for a few weeks

#### **YOU**

The first few days, weeks and months can be overwhelming. Remember to take care of yourself. Your wellbeing is important. Plan for self care.

-  What activities can bring you back to center when you feel overwhelmed or just downright exhausted?
-  Who will give you a break when you need it? Who will cheer you up or just listen to you when you need to be heard?

# SUPPORT

## YOUR RESOURCES

You may know you want professional support. You may feel you already have enough support lined up. Either way, it is good to do research before your due date and have a list of preferred professionals selected. You may reassess your needs once your baby is here.

### PLANNING FOR SUPPORT

- What do I think my personal needs will be?
- What kind of support do I desire for my baby's care in the first month?
- Will I breastfeed- who will help me with this if I need support at home?
- What is my partner good at? How will we both need to be nourished?
- What kind of support do I need for my physical and emotional recovery?
- What kind of classes and communities would you like to take part in?

POSTPARTUM DOULA

BIRTH DOULA

FITNESS INSTRUCTOR

PARENT SUPPORT

POSTPARTUM THERAPIST

LACTATION CONSULTANT

PHYSICAL THERAPIST

SLEEP CONSULTANT



## YOUR CAREER LEAVING AND RETURNING

### LEAVE PLANNING

When are you starting leave? How long will you take leave for? What is your company's leave policy? What is the process I paperwork for declaring leave?

### BENEFITS

What benefits does your employer offer during pregnancy and after pregnancy? Is there a parent group? Does your company offer any childcare benefit?

### TALKING TO YOUR MANAGER:

When will you tell your manager? When will you tell your team? How will you share the news with your manager? What do you expect from your manager in the conversation?

### TRANSITIONING BACK TO WORK

When will you return to work? Do you want to return gradually or will you return immediately to your post baby schedule? Do you plan to pump at work? What is your childcare arrangement? What is your backup care arrangement?

# YOUR FINANCES

## KEY CONSIDERATIONS

Having children is expensive! Here's a worksheet to help you get started with your financial planning.

### SUPPLIES

### COST

What are the one-time purchases you need to make to prepare for the baby?

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Will you be hiring professional support such as a doula?

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What are the supplies you will need to replenish monthly (diapers, breastfeeding pads)?

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### CHILDCARE

### COST

How much childcare coverage do you need?

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What is your backup childcare plan?

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### LIFESTYLE

### COST

Will you be upsizing your home?

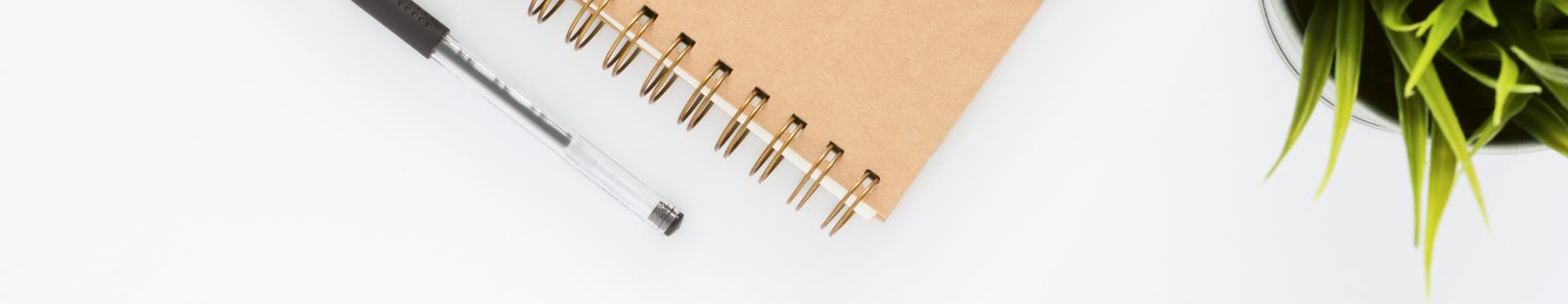
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Will you be buying or upsizing a car?

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## PARTING THOUGHTS

Don't forget to breathe, laugh,  
enjoy, cry, sink into the  
tiredness and ask for help.

This guide should not be another item on your to do list. It is a resource to help you think through your needs and plan for them. You can just browse it, or fill out parts of it, or fill out all of it. Do what will be most helpful for you.

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