



Postpartum Plan Worksheet

Postpartum (the period of time after birth) can be a challenging time as you heal from birth and take care of a newborn. Planning for the postpartum period, just like with birth planning, can be beneficial because it defines expectations and plans for the unknown. Fill out this worksheet to begin preparing for life with your newborn!

I will need to rest in the first six weeks after birth so that I can heal well and take care of my baby. I plan to have these three people help me in the first week after birth. I don't mind if they see me naked or feeding my baby, I can call them at any time, tell them anything, and I am ok asking them to do my dishes or laundry.

- 1.
- 2.
- 3.

These 3 people are going to help me with childcare for my other children as I rest and recuperate after birth:

- 1.
- 2.
- 3.

When I have my baby, I am going to let this person know and he/she will let my friends and family know and/or begin the meal train.

- 1.

If I just need someone to come over and keep me company, I can contact any of these people:

- 1.
- 2.
- 3.

If I need help with breastfeeding, I can contact my local La Leche League leader for free through or I can also contact one of these lactation consultants.

1. Kelsey Zellmer 469.714.2474
- 2.
- 3.

If I need something for me or baby and it is in the first two weeks postpartum, or I am not ready to leave my house, one of these people can run errands for me:

If I begin to experience signs of postpartum depression, postpartum anxiety, rage, OCD or, including prolonged sadness, lack of desire to care for my baby, trouble bonding with baby, racing thoughts, extreme fears, racing hear beat, panic attacks, trouble sleeping, or excessive anger without reason, I can contact my care provider and one of these counselors. At least one of these counselors takes my insurance or I have some money saved so I can see a counselor for a few appointments if I need to:

1. Push Postpartum: 214.596.8318
2. Restore Biblical Counseling: 972.755.1083
- 3.

If I need extra help after my baby is born and cannot rely on family or friends, or I want someone besides my family and friends to help me, I can call one of these postpartum doulas:

- 1.
- 2.
- 3.

I already have my postpartum basket prepared and ready by my bed. It has what I need for breastfeeding and for my own self-care in the first few weeks after birth. It includes:

- Nipple Salve
- Breast pump
- Haaka pump
- Nursing pads
- Overnight pads
- Depends
- Large Water Bottle
- Burp towels
- Nose Frieda
- Snacks that I enjoy
- After Ease or Arnica for after pains
- Prenatal Vitamins
- Perispray
- Diapers
- Baby Wipes
- Journal & Pen
- Chapstick