

## POSTPARTUM PLAN: YOUR SUPPORT SYSTEM (Family, friends, community groups)

SUPPORT FOR REST IN THE EARLY DAYS: During the days and early weeks following the birth of your baby, you'll need extra help to ensure that you can meet your needs for sleep. Support during the night, naps, and tag-teaming methods can be very effective tools.

THE FOLLOWING PEOPLE ARE AVAILABLE TO HELP SUPPORT OUR REST:

- \_\_\_\_\_ is available to help during the day.
- \_\_\_\_\_ is available to help during the evening.
- \_\_\_\_\_ is available to help during the night.

THE NEED TO HAVE A GROUP OF FRIENDS WHO ARE ALSO PARENTS OF YOUNG BABIES: Research confirms that having people to talk to who can empathize with our experiences normalizes our problems and makes them bearable. If you can't identify friends with children, here are a few potential sources: your childbirth education class, online discussion groups, and houses of worship.

THE FOLLOWING PEOPLE ARE FRIENDS OR NEIGHBORS WITH BABIES OF THEIR OWN:

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NUTRITIOUS MEALS AND ADEQUATE HYDRATION ARE VERY IMPORTANT: Friends, family members, neighbors, coworkers, and friends through religious affiliations are great resources of food. Let them know what types of meals you'd like. You can also make ahead meals and freeze them.

THE FOLLOWING ARE PEOPLE WHO WILL BE WILLING TO BRING US FOOD IF WE ASK:

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FEEDING SUPPORT: It's important to establish a plan for feedings. This plan will be dependent upon whether you're choosing to breastfeed, breastfeed and pump, or formula feed, which means support in this area, can be many things; feeding the baby, preparing formula, cleaning bottles, etc.

IF I HAVE QUESTIONS ABOUT BREASTFEEDING I CAN CONTACT: \_\_\_\_\_

THE FOLLOWING PEOPLE CAN HELP WITH MY FEEDING SUPPORT PLAN:

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SUPPORT FOR OLDER SIBLINGS: Older children will experience a time of transition so planning ahead to ensure that the transition goes smoothly is key.

NEEDS OF OUR OLDER CHILDREN: \_\_\_\_\_

PEOPLE WHO CAN CARE FOR OUR OLDER CHILDREN: \_\_\_\_\_

SUPPORT FOR OUR OWN SELF-CARE: "Me" time and "Us" time is still important. Plan to make it happen.

PEOPLE WHO CAN PROVIDE CHILDCARE: \_\_\_\_\_

ACTIVITIES AND "BREATHERS": \_\_\_\_\_