



YOUR POSTNATAL PLANNER

BECOMING A MOTHER IS AMAZING AND OVERWHELMING, HEART BURSTING AND LIFE-CHANGING

You've read the books, taken the classes, practiced your breathing techniques and written your birth plan. Now it's time to think about what comes after your baby is born and plan what I call your 'mothermoon'. It's a time to rest and recover and be looked after so that you can focus on getting to know your baby and begin to find your way as a new mother.

You can use this template as a guide to think about some of the things that might be important to you and what you want your early days and weeks with your new baby to look like.

HOUSEHOLD SUPPORT

What might you need support with around the house (e.g. tidying, food shopping, laundry) and who can help?

VISITORS

Who would you like to have around and when (it's wise to limit visitors in the first few weeks) and any rules (e.g. only visit during certain times of the day, do something to help around the house).

FOOD

Eating nourishing food and drinking plenty of fluids is important. There are lots of ways to plan to make sure you're getting plenty of both of these things (e.g. batch cooking and filling the freezer, other people cooking).

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EMOTIONAL SUPPORT

Who can you turn to for support if you are struggling emotionally? How can they help?

HELP WITH OLDER CHILDREN:

If you have older children, what might you need help with (e.g. school/nursery run, taking them on playdates, looking after the baby so you can spend time with your older child) and who can help.

POSTNATAL TREATMENTS:

Are there any postnatal treatments (e.g. sitz bath, postnatal massage, placenta remedies, closing the bones massage, homeopathy, acupuncture) you would like to have?

PARTNERS ROLE:

If you have a partner, how you would like them to spend their time on paternity leave and how might the support you need change once they go back to work.

SUPPORT FOR ME AND MY BABY:

MIDWIVES:

HEALTH VISITOR:

DOCTOR / GP:

BREASTFEEDING HELPLINES:

LACTATION CONSULTANT:

POSTNATAL DOULA:

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