



### Postpartum Plan

A postpartum plan is like a Birth Plan. It helps you to plan for a smooth transition adjusting to your new family dynamics in the first few weeks. Bear in mind that flexibility is the key when considering all the potential conditions, and circumstances that are unknown.

Remember to honor this time as a sacred rite of passage. The most important element is the "Babymoon phase". You will only experience this time once for this baby/these babies. Make it count for you and your family-everything else that was there, will still be there to consider at a later time.

#### Sleep and Rest

What are your normal (pre-pregnancy) sleep requirements (# of hours per night)? \_\_\_\_\_  
Here's an approach to help you get as much (or almost as much) sleep as you need.

1. Calculate how many hours of sleep you used to need regularly before pregnancy in order to function well. Six hours? Eight hours? That is the amount of sleep you owe yourself every day.
2. Since you cannot get this amount of sleep in one stretch because of interruptions for feedings and baby care, you will require more hours in bed to get your allotted time of sleep.
3. Plan to stay in bed or keep going back to bed until you have slept your allotted number of hours. You do not brush your teeth, shower or dress in the early morning. Make a mental note of how many hours you have slept since you went to bed. You may have to stay in bed from 10 pm until noon the next day to get eight hours of sleep if that's what it takes, do it. Then brush your teeth, take a shower, dress, and greet the day.
4. Sleep as much as possible at the same time baby sleeps.

#### Physical Recovery

What is important to you when determining how you expect to physically recover from the birth? \_\_\_\_\_

Sources of support to help me physically recover include: \_\_\_\_\_



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I would like to manage common postpartum discomforts with:

Perineum: Sitz bath herbs \_\_\_\_\_ Sitz bath instruction? \_\_\_\_\_ Bottom balm \_\_\_\_\_

Spray (like Dermoplast) \_\_\_\_\_ ice packs \_\_\_\_\_

Belly (cramping): \_\_\_\_\_ herbal tincture like After Ease

\_\_\_\_\_ postpartum tea

\_\_\_\_\_ Ibuprofen

\_\_\_\_\_ warm packs/ heat

Breasts: warm hydrotherapy \_\_\_\_\_ cabbage leaves \_\_\_\_\_

ice packs/gel packs \_\_\_\_\_ breast shields \_\_\_\_\_

Bleeding: \_\_\_\_\_ maternity pads \_\_\_\_\_ cloth pads

Placenta:

I would like to arrange for the placenta: \_\_\_\_\_ burial \_\_\_\_\_ burn

\_\_\_\_\_ encapsulation \_\_\_\_\_ eat \_\_\_\_\_ freeze until a decision made

If choosing a Lotus Birth, the plan to handle the placenta afterwards is: \_\_\_\_\_

### **Breastfeeding/Infant Feeding**

Anticipated method of feeding for baby/babies: \_\_\_\_\_

My expectations for feeding the baby/babies are: \_\_\_\_\_ on cue/demand  
\_\_\_\_\_ schedule

I feel this way because \_\_\_\_\_

We will have a feeding/elimination chart: \_\_\_\_\_

We will handle engorgement with: \_\_\_\_\_

Nursing bras ready? \_\_\_\_\_



## Nourishment

We plan to:

- \_\_\_\_\_ have meals prepared ahead of time and stored in the freezer.
- \_\_\_\_\_ prepare meals day to day ourselves
- \_\_\_\_\_ prepare meals day to day with help
- \_\_\_\_\_ order in \_\_\_\_\_ times per week
- \_\_\_\_\_ combination of \_\_\_\_\_

## Caring for the Baby/Babies

We plan to:

- \_\_\_\_\_ Have help from a professional doula, so that we can spend out time with the baby/babies and siblings(if any)
- \_\_\_\_\_ Have help from family, so that we can spend our time with the baby/babies and siblings (if any)
- \_\_\_\_\_ Hire a nanny to look after the baby and siblings.
- \_\_\_\_\_ Care for the baby/babies and siblings ourselves and manage the house at the same time. \* we do not expect any outside help.

## Sleeping Arrangements

- \_\_\_\_\_ We plan to co-sleep
- \_\_\_\_\_ We plan to have the baby/babies in the same room with us but sleeping in a cradle/bassinet beside us.
- \_\_\_\_\_ We plan to have the baby/babies sleep in their own room.

## Redefining Roles

- Who will do the caring for the baby? \_\_\_\_\_
- Who will do the caring for siblings? \_\_\_\_\_
- Who will do the cleaning? \_\_\_\_\_
- Who will do the cooking? \_\_\_\_\_
- Who will do the laundry? \_\_\_\_\_
- Who will be at home? \_\_\_\_\_
- Who will do the shopping? \_\_\_\_\_



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Who will run the errands? \_\_\_\_\_

Who will transport siblings to places? \_\_\_\_\_

As the mother I expect my partner's role to be: \_\_\_\_\_

As the mother I plan on: \_\_\_\_\_ staying home with baby full time

\_\_\_\_\_ returning to work outside home full time

\_\_\_\_\_ return to work from home

When? \_\_\_\_\_ return to work outside home part time

### **Partners/Relationships**

It is important to our relationship that we \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Siblings:**

It is important to maintain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Pets**

It is important to maintain: \_\_\_\_\_

\_\_\_\_\_

### **Family and Friends**

Who is going to be involved in our support over the postpartum period\*?

\_\_\_\_\_

\_\_\_\_\_



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### Visitors

We expect to have \_\_\_\_\_ visitors in the first week

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### Laundry

Laundry will be done by: \_\_\_\_\_

### Organization:

Baby feeding areas will be \_\_\_\_\_

Areas will include such things as: \_\_\_\_\_

Diaper change tables/areas will be \_\_\_\_\_

And will have \_\_\_\_\_

If bottle feeding, preparation area will include \_\_\_\_\_

### Longer Term Support over the next 12 months:

Childcare, babysitters, family, and daycare

options: \_\_\_\_\_

\_\_\_\_\_ Staying connected to the outside world

It is important to have \_\_\_\_\_

\_\_\_\_\_ It is important to talk to friends and family as usual.

\_\_\_\_\_ It is important to put a message on the machine and return calls when possible.

\_\_\_\_\_ I will be using a headset to stay connected to the outside world.

\_\_\_\_\_ How important is this to you ( there is no wrong answer) \_\_\_\_\_

### Recording and Journaling:

It is important to \_\_\_\_\_

Greatest over all concern is: \_\_\_\_\_

Other things that are important to us: