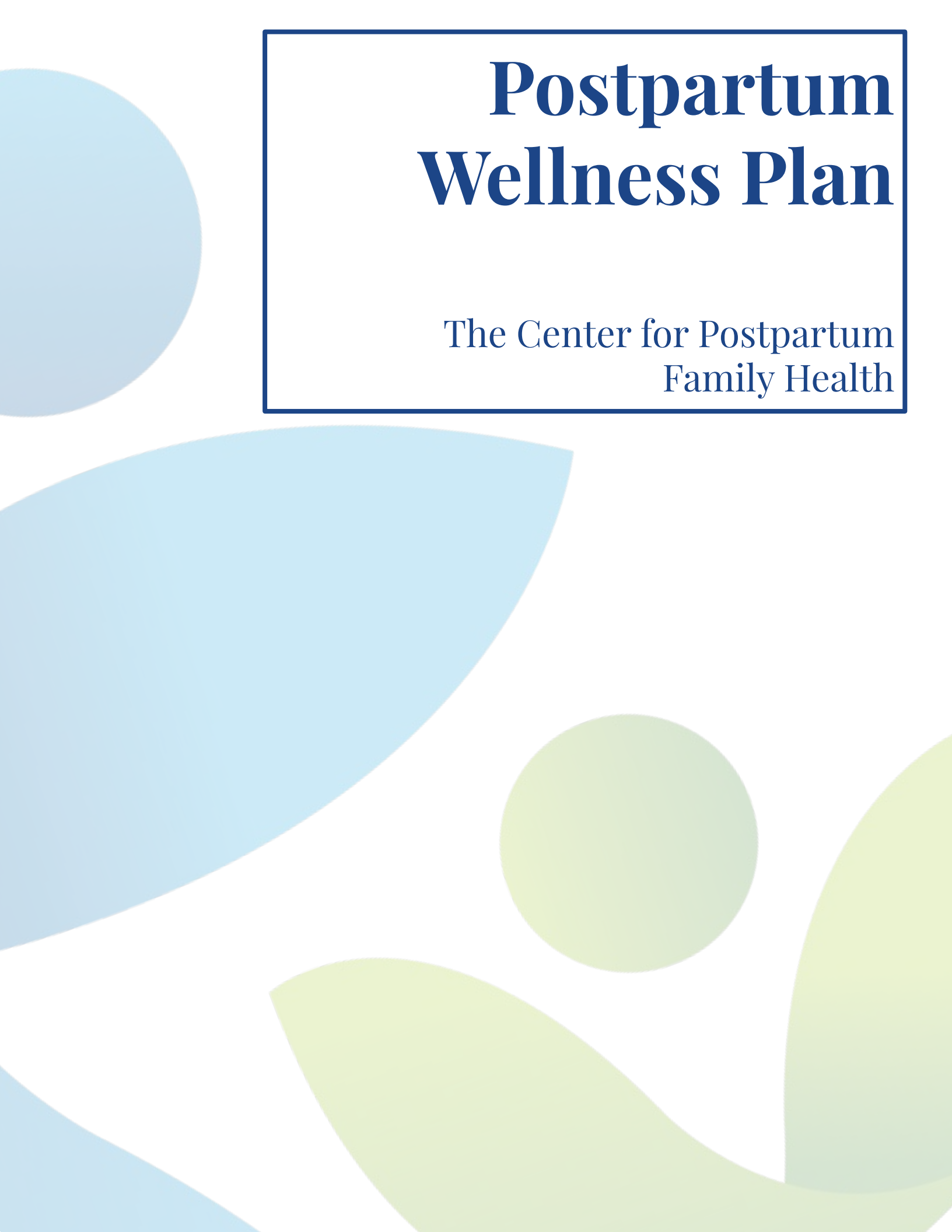




Postpartum Wellness Plan

The Center for Postpartum
Family Health



THE CENTER FOR
POSTPARTUM
FAMILY HEALTH

Postpartum Wellness Plan

Use this worksheet as a guide for creating your own personalized postpartum wellness plan. Feel free to be creative and remember that your mental health is a worthy top priority.

SLEEP

Prepare a plan to get at least two stretches of 3-5 hours of uninterrupted sleep every 24 hours. Your goal is 6-10 hours of sleep each day.

Who will be on your "sleep support team"? These are people who can take over or help with nighttime care and feedings to allow you time to sleep and/or take daytime naps. These people may be friends, family members, or paid helpers (if possible). If you are experiencing guilt in asking for help, your therapist can help you explore this further.

Sleep Support Team:

1. 2. 3.

What supplies or preparations will be helpful for you in getting enough sleep? (Examples: earplugs, sleep mask, access to a cold, dark, quiet room, avoiding social media or "googling" before bedtime)

COVID SAFETY TIP

Talk to your support team ahead of time, requesting that those people get vaccinated or begin social distancing, wearing masks, and eliminating unnecessary risks 2-4 weeks before your due date, if not doing so already.

While this may be a difficult conversation, you and your family's health and safety is important, and you deserve support. Your therapist will be able to help you in discussing how to communicate boundaries, hopes, and expectations surrounding covid-19 related precautions.

HOUSEHOLD HELP

Who will help with light cleaning, laundry, dishes, pet care? How often? Days? Times? For how long? A great way for busy friends to help out is to pick up and drop off laundry (folded, please!) a few times a week.

NUTRITION

Finding the time to prepare and eat food can be tough in those early postpartum weeks and months. Keeping yourself adequately nourished is important for both physical and mental health. You deserve to be well-nourished so that you have the energy that your body and brain need to care for yourself and your baby.

What meals can you or your partner/support person cook and freeze ahead of time for easy meals postpartum? Aim for 20 meals prepped and frozen.

Meal Ideas

1.
2.
3.
4.
5.

What snacks can you stock up on ahead of time? (Some favorite postpartum snacks include nutrition bars, string cheese, easy to eat fruit, or even a spoonful of a nut butter for when you need a quick boost!)

Have you had anyone offer to help? If so, tell them they can drop off groceries or a meal on your doorstep! Meal train can be a great tool in enlisting and organizing help with meals.

Meal Delivery Organized
by:

When:

Grocery Delivery
Organized by:

When:

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Postpartum Support International Helpline: CALL 1-800-944-4773 or TEXT 503-894-9453
Houston PSI Support Coordinator: Anne Russey 832-535-1102 psikatytexas@gmail.com
Texas PSI Support Coordinators: postpartum.net/locations/texas/

FEEDING

Who will feed the baby? When? Where? How?
Breastfeeding, pumping, formula?

What will your partner's role be before, during, and after feeding? What will your role be before, during, after feeding?

Where will the baby sleep before/after feeding?

What comfort measures will you and baby need?

cold air
blankets

monitor
coloring book
fan

essential oils
Calm app

Feeding Station Set Up:

- What room(s) do you want to be in?
- Water jugs should be in breastfeeding/pumping areas and filled with ice cold water throughout the day.
- Breastfeeding cart/bin for nursing essentials and snacks.

Medication:

Prenatal vitamins
Pain meds OTC
(NSAIDs, Acetaminophen)
Stool softeners
Probiotic
Homeopathics
Sitz bath
Epsom salt
Nipple balm

PANDEMIC BOUNDARIES

In the midst of the covid-19 pandemic, it can be helpful to discuss visitation boundaries with your partner ahead of time. You do not need to decide all of these things all at once. Give yourself some time to consider your options, make decisions together, and communicate these boundaries ahead of time to potential visitors and support persons.

Some things to discuss and consider together:

- When are you comfortable allowing visitors in your home?
- What precautions will you ask visitors to observe? (Full or partial vaccination, wearing a mask, washing hands, COVID testing, observing social distancing rules 2 weeks before visiting).
- How will you communicate these expectations? (A group email, individual conversations, or even a cute sign outside of your front door to remind people to wash those hands!)

SELF CARE

Enlist your most assertive friends to watch out for and encourage your self-care. These friends/family can advocate for you when necessary and will be the first to notice if you are neglecting yourself. Your therapist will also be able to talk with you about how to prioritize self-care.

Make a plan for the first 4 weeks for your:

- Showering/Hygiene
- Quiet time (about 20-40 minutes/day)

Then plan for after 4 weeks:

- Doula
- Friend



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EXERCISE

Moderate exercise can be a helpful daily activity. What are 3 activities that you might enjoy to incorporate some movement into your daily life, once you are physically recovered enough to do so? (Under the clearance of your healthcare provider).

Some ideas may include going for a walk, 10-20 minutes of yoga or stretching, listening to music and dancing at home, or doing a short exercise video. Enlist a friend or family member to encourage you or join you.

- 1.
- 2.
- 3.

STRESS MANAGEMENT

Make a list of 5 activities that you can do that will help you to relax and manage stress. Consider activities that you enjoy, as well as activities that have proven relaxing in the past.

Some examples may include going for a walk, listening to music, taking a shower, deep-breathing, meditation, guided imagery relaxation, listening to a podcast, or talking to a friend.

- 1.
- 2.
- 3.
- 4.
- 5.

ON DEMAND SUPPORT

List the names and phone numbers of three support people whom you can call if things get tough. Who can you call 24/7?

This can be friends, trusted family, a religious leader or other community support person, therapist, or Postpartum Support International support hotline.

- 1.
- 2.
- 3.

SELF TALK

When things get tough, it can be helpful to use compassionate self-talk. Below are some statements that may be helpful. Add some statements of your own, as well.

I'm doing the best I can.

I'm learning how to do this.

This too shall pass.

I can do hard things.

PARTNER SUPPORT

Organize time allocated for partner quality time. Use assertive but gentle enforcement for regular:

- Date nights
- Couple outings
- Time to reconnect with each other daily

SUPPORT PERSON CONTACT LIST

PARTNER:

PARENT:

PARENT:

FRIEND:

FRIEND:

FRIEND:

NEIGHBOR:

DOULA:

LACTATION CONSULTANT:

MIDWIFE/PCP/OBGYN:

THERAPIST:

PSYCHIATRIST:

24/7 PERSON:

HOUSEHOLD HELPER:

