

# YOUR POSTPARTUM PLAN

Created by Moms Supporting Moms,  
a program of



**SAFE**child

Moms Supporting Moms  
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Mom's greatest concern about the postpartum period:

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Partner's greatest concern about the postpartum period:

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## SLEEP & REST

How many hours of sleep do you need each night to function and feel good?

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Where will baby sleep?

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How can you use daytime hours or someone else's help to get some extra rest?

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## MENTAL & EMOTIONAL HEALTH

How do you cope with stress and fatigue now? How will you care for your mental and emotional health once baby is born?

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Who can you reach out to for help and support (beyond your partner)?

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Who will support your partner (beyond mother)?

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If you need mental health care, who are therapists or psychiatrists you have seen in the past and/or who are affordable and covered by your health insurance?

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If you realize you do not feel like yourself, have trouble functioning or experience depression, anxiety or other difficulties, who could you talk with honestly about this?

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## AT HOME

Who will prepare meals and clean up? Can you make and freeze meals ahead, have a friend organize a meal train or order meals?

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What nutritious and convenient snacks and meals can you keep on hand?

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Who can help with household chores such as laundry and cleaning?

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During the newborn stage, should you adjust your cleanliness and organization standards and expectations for your home?

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## VISITORS

What is your policy for visitors? Calling ahead? Holding the baby? Length of visits? Other?

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How many visitors do you expect in the first week? \_\_\_\_\_

How many visitors do you expect in the second week? \_\_\_\_\_



## PHYSICAL RECOVERY

Where will you relax and recover in the days and weeks after birth?

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How can you make your space as quiet and calm as possible?

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How can you prepare in advance to help your physical recovery?

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## WORDS OF ENCOURAGEMENT

Pick any or all of the following affirmations/goals that work for you, or revise them for your needs.

Write them where you will **see** them (bathroom mirror, car dashboard, laptop). Share them with others who can help you make them happen!

- I will aim to take a hot shower or bath today or tonight.
- I will eat at least one nourishing meal while sitting down at a table.
- I will keep myself hydrated throughout the day and night.
- I will make sure to laugh today. I may need to call a friend who can find humor in anything or watch a funny show or video.
- At least once today, even for just a few moments, I will ground myself by connecting with gratitude or making a spiritual connection - maybe through meditation, prayer, yoga, deep breathing or a centering exercise like writing or reading.
- I will move my body today by taking a short walk around the block or up and down the stairs, doing 10 minutes of stretching or yoga, or dancing in the kitchen while heating up a bottle.
- I will connect with my partner about something other than the baby.
- I will honor my body's need for sleep by forgoing cleaning, laundry, emails and cooking (dinner will just have to be later or I will ask my partner to cook) if I can grab an extra hour of sleep when the baby is sleeping.



## TRUSTED RESOURCES

There is **a lot** out there for parents to read and listen to, from books to television to the unsolicited advice of family members. Here are some resources that we feel are credible and informative, without very much opinion, so you can make your own decisions.

### **Books:**

*Expecting Better* by Emily Oster

*Cribsheets* by Emily Oster

*The Happiest Baby on the Block* by Harvey Karp (also a film)

*The Wonder Weeks* (also an app)

*Good Moms Have Scary Thoughts* by Karen Kleiman

### **Community Resources:**

Nursing Mothers of Raleigh - [nursingmothersofraleigh.org](https://nursingmothersofraleigh.org)

La Leche League of Wake County - [llofnc.org](https://llofnc.org)

Triangle Area Parenting Support - [tapsnc.org](https://tapsnc.org)

Moms Supporting Moms - [safechildnc.org/moms-supporting-moms](https://safechildnc.org/moms-supporting-moms)

Postpartum Support International - [psichapters.com/nc](https://psichapters.com/nc)

### **Websites:**

KellyMom - [kellymom.com](https://kellymom.com)

Postpartum Support International - [postpartum.net](https://postpartum.net)

LactMed - [data.gov/applications/lactmed/](https://data.gov/applications/lactmed/)



# SAFEchild

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