

Women OB/Gyn Postpartum Worksheet

OVERVIEW

Planning for the postpartum period is as important or more important than planning for delivery. Consider who would be able to help you and what types of help you might need.

Support for rest in the first few days

You may need support for days/evening/night.

Support from other families of young children.

Do you have friends with young babies with whom you can empathize? If you do not have friends with young children, consider making a plan to make new friends through pre or postnatal yoga, birthing classes or new mom support groups.

Meals

Make food ahead and freeze, ask friends and coworkers to help with a meal train, plan ahead for take-out and delivery options that are healthy and convenient

Breastfeeding support

Have a plan for postpartum doulas, lactation specialists, supportive family members and friends.

Support for older siblings

Think ahead for help and activities to help transition the older child/children. Who can help with carpool? What special activities do you think would make the older child/children feel special?

Adult time

What things are important for you to carve out to maintain your sense of self? What do you need to maintain your important adult relationships with your partner and friends?

Keeping an eye on your mental health

Do you have specific signs that show you are struggling with stress and need help? Who do you reach out to in times of immense stress?