

POSTPARTUM

Things to consider

PARENTAL LEAVE & VISITORS

- Who is staying home?
- How long will you stay home after the birth?
- Do you have family/friends coming to stay with you/nearby? When and for how long?
- Who can visit in the first three days? First two weeks?

PARENTAL LEAVE & VISITORS CONT.

- Consider creating a list of "chores" visitors can help with before holding baby
- Shower and/or nap while they are holding baby - they are visiting to *support* you!
- Set realistic expectations and boundaries about how long visitors stay
- Set a timer or create a "code word" with your partner for when visitors need to leave

PARENTING ROLES & RESPONSIBILITIES

- As the birthing parent, I expect my partner's role to be:
- As the partner, I expect the birthing parent's role to be:
- Open communication and reasonable expectations

SLEEP & REST

- Where will the baby sleep?
 - Who will care for baby during the day? At night? Who can help you?
 - Consider hiring a postpartum doula to help care for baby turning the day or overnight
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Things to consider

FOOD & HYDRATION

- Are there frozen meals/soups you can make ahead of baby's arrival?
- Consider setting up a Meal Train for friends and family
- Create "stations" set up for where you will be spending the most time with baby. Stock with snacks, water, diapers, onesies...all the essentials!

FEEDING BABY

- How do you plan to feed baby?
 - Breastfeed on demand
 - Pump and bottle feed
 - Formula feed
 - Combination of the above?
- Who will support and encourage your feeding choices?

FEEDING BABY CONT.

- Who can you reach out to for more specialized support? Lactation consultant? IBCLC? Peer support?
- If you are going to introduce a bottle w/breastmilk, it is typically recommended to wait until breastfeeding is well established (about one month) to reduce nipple confusion
- Finding the right pump/bottle/etc can be a trail and error process - ask for help!

SIBLING AND/OR PET SUPPORT

- Who can help watch/care for older children? Pets?
 - Any special needs or routines that are important for them to know?
 - Do you have concerns regarding sibling bonding with the baby? Pets?
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Things to consider

MOM TIME

- What calms you?
 - What brings you joy? What makes you laugh?
 - What do you enjoy doing that re-energizes and recharges you?
 - What food or items provide you comfort?
 - What are ways your partner can help you feel recharged?
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- Advocate for self-care. You need to shower, brush teeth/hair, and eat!

PARTNER TIME

- What calms you?
 - What brings you joy? What makes you laugh?
 - What do you enjoy doing that re-energizes and recharges you?
 - What food or items provide you comfort?
 - What are ways your partner can help you feel recharged?
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- Open communication and reasonable expectations

TOGETHER TIME

- What activities do you both enjoy doing together that will help you reconnect as a couple?
- It is important in our relationship that we...
- Who can provide occasional children for you to make these things happen?

COMMUNITY SUPPORT

- Who do you know that has a baby or young children?
 - What are some groups, organizations, or other resources that you can connect with that have parents with young babies?
 - Online Resources?
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Things to consider

MENTAL HEALTH SUPPORT

- Do you and your partner know the signs of PMADs?
- Have you:
 - Talked with your OB, Midwife, and/or doula about the baby blues?
 - Talked with your OB, Midwife, and/or doula about perinatal mood and anxiety disorders?
 - Talked with your partner about perinatal mood and anxiety disorders?

MENTAL HEALTH SUPPORT CONT.

- Who is supportive that you can call/text if you're feeling blue and need someone to listen?
- What are some local postpartum support groups that you can turn to?
- Who are some mental health professionals that you can connect with that specialize in postpartum/family/marriage therapy?

RETURNING TO WORK

- When are you returning to work?
- When is your partner returning to work?
- What is the plan for easing back into work?
- What are the childcare options we are considering?

RETURNING TO WORK CONT.

- House chores: Who will be responsible for what housekeeping tasks?
 - What are your greatest concerns when returning to work?
 - What are your partner's concerns when returning to work?
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