

My Postpartum Care Plan

Preparing for the weeks and months after baby arrives.

Most birth plans focus on labor and delivery. This worksheet is designed to help you prepare for your recovery, support system, emotional well-being, and transition into parenthood.

Building My Support Team

Partner/Primary Support Person: _____

My Support People: _____

Healthcare Providers

OB/Midwife/Doula: _____

Pediatrician: _____

Lactation Consultant: _____

Pelvic Floor PT: _____

Therapist/Mental Health Provider: _____

Other: _____

My Village

Who Can Help With:

Meals _____

Grocery Shopping _____

Laundry & Household Tasks _____

Pet Care _____

Emotional Support _____

Giving Me a Break to Rest _____

Sleep

How much sleep do I need/expect every 24-hours?

Where will the baby sleep?

- ☐ In our bed
- ☐ In our room in a bassinet
- ☐ In the nursery/separate room

Who will care for the baby at night?

- ☐ Mom
- ☐ Partner
- ☐ Family Member/Friend
- ☐ Postpartum Doula

Feeding

I plan to:

- ☐ Breastfeed on demand
- ☐ Breastfeed on a schedule
- ☐ Pump and bottle feed
- ☐ Formula feed

Meals

We plan to:

- ☐ Have frozen meals prepared
- ☐ Prepare meals ourselves
- ☐ Create a meal train
- ☐ Order take-out ____ times a week

Self-Care

What are ways I can practice self-care?

What items provide me comfort?

What are ways my partner can support me in feeling recharged?

Our relationship

When things feel hard, we want to remember...

If we're having a hard day, what helps us reconnect?

Visitors

Visitors can help by:

- ☐ Folding laundry
- ☐ Walking the dog
- ☐ Bringing a meal
- ☐ Holding the baby while I shower
- ☐ Washing bottles
- ☐ Emptying the dishwasher
- ☐ Running errands

We expect to have ____ visitors in the first 3 days.

We expect to have ____ visitors in the first 2 weeks.

We expect a visit from a friend to last ____.

We expect a visit from family to last ____.

Consider who will be doing the following:

Changing diapers

Bottle feeding

Calming the baby

Burping the baby

Dinner prep

Washing bottles/pump parts

Cleaning the house

Pet care

Bills and Finances

Grocery Shopping

Laundry

My Recovery and Wellness Plan

When I'm struggling, I tend to notice:

My warning signs include:

- ☐ Feeling anxious
- ☐ Crying more than usual
- ☐ Feeling overwhelmed
- ☐ Trouble sleeping even when baby sleeps
- ☐ Feeling disconnected
- ☐ Other: _____

When I notice these signs, I will:

The people I can reach out to are:

Three things I want to prioritize during postpartum:

1. _____
2. _____
3. _____

My non-negotiable needs are:

What helps me feel most like myself?

- ☐ Going for a walk
- ☐ Taking a shower
- ☐ Spending time outdoors
- ☐ Talking with a friend
- ☐ Reading
- ☐ Exercising
- ☐ Quiet time alone
- ☐ Other: _____

Emergency Support

- Reach out immediately if you experience:
- Thoughts of harming yourself or your baby
 - Feeling unable to keep yourself or your baby safe
 - Severe confusion, paranoia, or seeing/hearing things others don't

Call or text 988 or go to your nearest emergency department.



Access additional postpartum resources.

A Note for Future Me

The transition to parenthood can be beautiful, challenging, and everything in between.

There is no "right" way to experience postpartum.

Postpartum isn't meant to be done alone. Asking for help is a sign that you're caring for yourself and your family.