

Postpartum Planning



Consider **the baby's first three months of life** your postpartum period (PP)—sometimes called the fourth trimester. During this time you rest and relax with baby. Treat yourself. Take care of yourself. Planning for and respecting this significant and unique time of life can mean the difference between crushing overwhelm and charming pandemonium.

Support

Find providers now so that if you're struggling PP you can just make an appointment without having to find out all the details.

- Pediatrician:
- Lactation Help
 - Breastfeeding counselor:
 - IBCLC:
 - Support Group:
- A PP Doula or Support Person:
- Therapist familiar with postpartum issues:
- Who will be there to help when you get home?

Plans

- List the projects you want to get done before baby comes—but don't stress to finish it.
- Research which immediate PP procedures you will choose for baby:
 - Eye ointment Vitamin K Hep b
 - Circumcision Bath
- What will you do with the umbilical cord?
 - Delayed clamping Clamp at birth
 - Lotus birth Stem cell collection
- What will you do with the placenta?
 - Encapsulate Bury with a plant
 - Art Dispose Lotus birth

Rest & Rejuvenate

Radical resting protects you and the baby physically and emotionally. Get as much happy rest and calm as you can. Many common issues can be avoided or resolved with more parent-child resting. Let your standards drop and your to-do list go. Accept, ask for, or hire help. *Grab a notebook and think about:*

- Days I will rest from *all* responsibilities besides caring for myself and my baby (minimum 5, many cultures call for 30-60): _____
- If you're worried something will be forgot, create a list of things that still must be done for your partner and other helpers (5-30 days).
- Create and post a list of things that other people can do to help and support you and your partner (bring coffee, cookies, wine, food; walk dog, wash sheets, take garbage out, run errands, etc).
- Consider pleasant things you can do while you rest and nurse. Maybe create a special space dedicated to your comfort. Emphasize the feel good + the funny.
- Consider how many days/weeks you'd like to wait before having visitors. Family? Non-family?
- Compile a list of people you know will be happy to help in some way (bring food, hold baby while you shower, run errands, answer questions).
- Determine who, among your friends and family, you can call to gush or cry to when your feelings are big.
- List things you can do to take care of yourself, such as: diffuse essential oils, put on music, call a friend, write in your journal, go on a walk, ask someone to bring a snack, take 20 min for yourself, sit outside and breathe.

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What "OK" Looks Like

- ◇ More than 4 hours of sleep
- ◇ Periods of crying and joy
- ◇ Laughing at funny things
- ◇ Showering 2x/week+
- ◇ Daily adult conversation
- ◇ Sharing thoughts and feelings
- ◇ Eating regular meals, snacks
- ◇ Having time to yourself daily—even 10 minutes
- ◇ Able to let others help
- ◇ Little to no interest in sex
- ◇ Not getting stuff done and feeling OK with it
- ◇ Not having to entertain guests

This is not a list to screen for postpartum mood disorders, but if your mood is interfering with your day-to-day, talk to your provider or therapist. PP Mood disorders are 100% treatable, but please reach out.

Gathering

Necessary Supplies for You

- supply of large pads or 'depends'
- 2-6 comfy nursing bras
- breast pads 20+ or disposable
- big, cheap, cotton granny undies
- lanolin nipple cream
- peri bottle
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Nice to have...

- sitz bath/spray, witch hazel pads
- robe and slippers
- lidocaine spray
- stool softener, Tylenol, Motrin
- heating pad
- donut pillow
- ice packs, padsicles
- AfterEase herbal tincture
- belly band or pp recovery wrap
- flushable wet wipes
- supplements/herbs: pp healing
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For Baby

- diapers and wipes
- blankets (5-10)
- car seat
- clothes (20+ outfits)
- safe place to sleep
- stroller, carrier, wrap
- pump & bottles, if using
- comfy place to nurse/feed
- thermometer
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Nice to have...

- another carrier
- bouncer, swing
- nursing/other pillows
- big exercise ball

Other Stuff

- paper plates, utensils, etc
- big water bottle w/straw
- household staples
- Netflix or similar
- Prime or similar
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Nourishing

- Stock up on easy-to-prepare grocery staples
- Stock up on grabbable snacks & a grocery list for more
- Fill freezer with pre-prepared meals
- Gather favorite take-out menus
- Make a grocery list of staples and favorites
- Arrange meal service or people to bring food