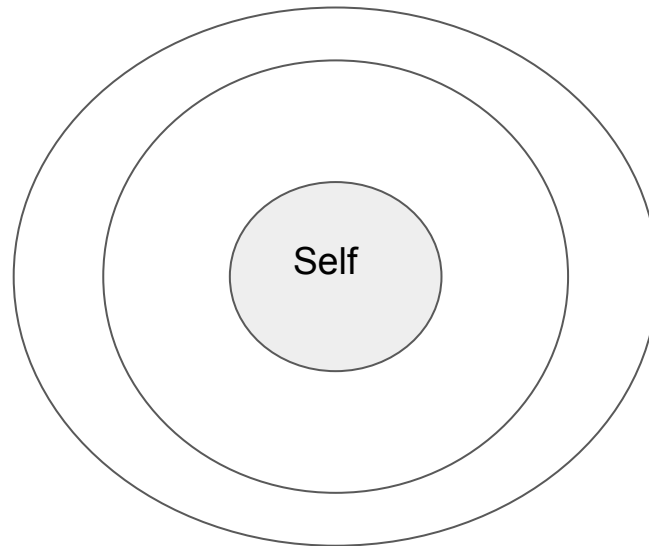


POSTPARTUM CHECKLIST

Postpartum is difficult enough. By preparing a plan for this time, you and your partner will be empowered in times that feel stressful and when you feel you cannot think clearly.

- Identify a pediatrician** _____
- Identify a daycare (if applicable)** _____
- Communication Plan:** Communication is key. Plan how to communicate in stressful times before it happens.
 - Whiteboard communication: Place where visible and write your wants, needs, etc.
 - Using "I feel/need" statements rather than "You did/are" statements
 - Partner repeats needs to check for understanding
 - Other: _____
- Partner postpartum mental health education and understanding**
- Sleep Plan:** Who can you trust to watch the baby while you sleep?
 - Partner
 - Parent(s) _____
 - In-Law(s) _____
 - Sibling(s) _____
 - Grandparent(s) _____
 - Friend(s) _____
- Task Help Plan:** What can people help you with for life to run more smoothly while you recover?
 - Laundry
 - Food delivery
 - Sit with baby
 - Washing dishes
 - Picking up the house
 - Mowing the lawn
 - Grocery shopping
 - Other: _____
- Self Care Plan:** You deserve and need time to yourself. Plan how you'll do that.
 - Times Per Week: _____
 - How will you fill your cup?
 - A walk
 - Taking a bath
 - Going to the a store or the grocery store
 - Exercise (once approved)
 - A nap
 - Reading
 - Other: _____

- **Circle of Trust:** Who will I go to if I do not feel like myself? Who is a safe, judgement free sounding board to help me come up with a plan. Place them in the first circle. Other friends and acquaintances will go in the second circle. **The closest ring to you contains your go-to confidants for your mental health and well-being.**



- **Need-to-Know Numbers:**

- OBGYN: _____
- Pediatrician: _____
- Perinatal Mental Health Specialist: _____
- Pelvic Floor Physical Therapist: _____
- Lactation consultant: _____
- Postpartum Support International: _____
- Mom Support Groups: _____

- **Emotional Resilience Plan:**

- Identify two core beliefs about yourself: Who are you? What do you want to put out and give back to the world?
 - Write these answers down.
 - Post them in your frequented momming areas (bathroom, nursery, pumping station, etc.)
- Social Life: What will you do to fulfill your social needs when the baby comes?
 - Outside of the house: _____
 - YOU time with grown-ups: _____
- 5,4,3,2,1 Grounding: This exercise will help you when you are facing challenges when baby arrives. Start practicing it while pregnant, so it feels natural.
 - BREATHE
 - State outloud 5 things you see around you
 - State outloud 4 things you hear
 - State outloud 3 things you feel against your body
 - State outloud 2 things you smell
 - State outlet 1 thing you taste