



Postpartum Plan

Hospital

- How do we feel about vaccinations for our child?
- Breastfed or formula fed?
- Feed on demand or on a schedule?
- Do we want to save the placenta?
- Who is allowed to meet the baby?
- How often would we like visitors?

Sleep

- How many hours of sleep do we each need to feel rested?
- How can we plan to get that many hours?
- Where will the baby sleep?
- Who will wake up with the baby? On what nights?
- Do we want to hire help for this? (postpartum doula, night nurse, nanny, etc)
- Do we want any off nights from baby? If so, how can we do this?

Eat

- How will we ensure we as adults have consistent, nutritious meals?
- Do we want to do a meal train? or a meal delivery service?
- What are nutritious, yummy snacks we can stock the house with?



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Chores

- Who will do what chores? When? (lots of detail here!)
- Do we want to hire help for this? (maid, postpartum doula, nanny, etc)
- If one of us is struggling to maintain our chore load, how can the other gently communicate their concerns?
- Do we want family or friends that offer help to help with chores?
- What can we do to make this easier on ourselves when baby arrives?

Supports

- Who can watch the baby for us?
- Do we want to hire help for this? (daycare, postpartum doula, nanny, etc)
- How often do we want date nights?
- What individually can we do for self care?
- What can we do for self care as a family?
- Do we want therapy in the postpartum period?

Finances

- How long will maternity/paternity leave be?
- How much do we need saved to feel financially comfortable the first year?
- How much can we spend each month of postpartum?
- Who is responsible for tracking finances during the postpartum period?

Postpartum Plan: Notes



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