

Postpartum Support International
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YOUR *Postpartum Plan*



*You are not alone.
Help is available.*

Important Resources

PSI HelpLine: 1-800-944-4773

US National Maternal Mental Health

Hotline: 1-833-943-5746

Suicide & Crisis Lifeline: 988

Scan here for the PSI Website:



The Postpartum Period

Birthing Person's greatest concern about the postpartum period:

Partner's or Support Person's (if any) greatest concern about the postpartum period:

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Sleep & Rest

How many hours of sleep do you need each night to function and feel good?

Where will baby sleep?

How can you use daytime hours or someone else's help to get some extra rest?

What can you prepare ahead of time for overnight needs (feeding and diapers, etc)? If you are able to take "shifts" with someone, where will you both sleep and how will shifts work?



Mental & Emotional Health



How do you cope with stress and fatigue now?

How will you care for your mental and emotional health once your baby is born? What are things you can do for 5 or 10 minutes that make you feel good?

What are my personal warning signs that I am feeling overwhelmed and need some self-care and/or more support?

Who can you reach out to for help and support? Name at least 3 different people.



Who will support your partner (if applicable)?

If you realize you do not feel like yourself, have trouble functioning or experience depression, anxiety or other difficulties, who could you talk with honestly about this?



Household & Practical Concerns

Who will prepare meals and clean up? Can you make and freeze meals ahead, have a friend, co-worker, or family member organize a meal train or order meals?



What nutritious and convenient snacks and meals can you keep on hand?

Who can help with household chores such as laundry and cleaning?

During the newborn stage, should you adjust your cleanliness and organization standards and expectations for your home? What areas could you “let go” of a bit?





Visitors

What is your policy for visitors? Calling ahead? Length of visits? Other?

How many visitors do you expect in the first week? _____

How many visitors do you expect in the second week? _____

What boundaries should visitors be made aware of (holding baby, vaccines, number of visitors, length of stay, etc.)?

Physical Recovery

Where will you rest and recover in the days and weeks after birth? Will stairs be difficult? Is your bed easily accessible?

How can you prepare in advance to help your physical recovery? What items might you need for physical healing?

How can you prepare in advance to help your physical recovery?



More Information

For more information about Postpartum Support International, visit [postpartum.net](https://www.postpartum.net)

Follow us on Facebook and Instagram:
[@postpartumsupportinternational](https://www.instagram.com/postpartumsupportinternational)

For a more detailed plan, check out the Life With Baby Workbook: www.lifewithbabyworkbook.com



My Support Team

Share this list with your main support person, so they can help reach out to your team if needed. Include the name, phone number, & email.

OB/GYN or Midwife: _____

Pediatrician: _____

Primary Care Physician: _____

Therapist and/or Psychiatrist: _____



Scan here to visit the PSI Directory to find a therapist or psychiatrist in your area.

Doula(s): _____

Lactation Consultant(s): _____
