

# EASY POSTPARTUM PLAN WORKSHEET

**Directions:** Put a check mark next to anything you would consider doing once baby has arrived. Put a line through anything you would NOT like to have happen.. If you have questions about procedures or techniques, please call the Phoenix Family Birth office to schedule a postpartum planning session, enroll in our 3 – 2 – 1... Baby! class, or discuss postpartum doula services. Nothing in this document should be considered medical advice.

## IMMEDIATE CARE

- Standard protocol for vaccinations
- Alternative vaccination options
- Erythromycin eye ointment
- Staff will bathe baby
- Parents will bathe baby

## CLOTHING

- My own clothing
- Hospital gown

## IMMEDIATE SUPPORT

- Instruction on diapering
- Instruction on bathing
- Instruction on taking temperatures
- Instruction on swaddling
- Feeding assistance / Lactation Consult

## FEEDING BABY

- Exclusive breastfeeding
- Pumping
- Formula feeding
- Combination feeding
- Pacifiers permitted
- Pacifiers not permitted
- Feed on schedule
- Feed on demand

## HOLDING BABY

- Frequent skin to skin
- Parents prefer to be main caregivers
- Prefer others to hold baby regularly

## VISITORS

- None
- By request only
- Welcome anytime

## PLACENTA CARE

- Placenta saved
  - Placenta encapsulation
  - Placenta prints
  - Placenta tincture
- Placenta discarded

## POSTPARTUM PROVIDERS & CONTACT INFO

- Postpartum doula
- OB/GYN / Midwife
- Breastfeeding professional
- Pediatrician
- Postpartum depression professional
- Car seat technician
- Placenta encapsulationist

## MEAL PREPARATION

- Freezer meals
- Delivery meals
- Takeout gift cards
- Meal train
- Person responsible: \_\_\_\_\_

## TASK COMPLETION TEAM (WHO WILL \_\_\_?)

- Dishes
- Laundry
- Clean bathrooms
- Vacuum
- Sweep and mop
- Dust
- Grocery shopping
- Run errands
- Sibling care
- School drop-off
- School pick-up
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## POSTPARTUM PITSTOPS

- Diapers
  - Disposable
  - Cloth
  - Combination
- Wipes
  - Disposable
  - Cloth
- Burp cloths
- Bulb syringe / Nose Frida
- Extra clothes for baby
- Extra shirt for mom
- Breast pads
- Nipple cream if applicable
- Snacks
- Water
- Breast pump
- Book / magazine
- Cell phone / tablet / laptop
- Tissues
- Pen and paper
- Newborn care recording sheet

## SLEEP

- Baby will sleep:
  - Bed-sharing
  - Co-sleeping next to the bed
  - In the same room
  - In his/her own room
- Swaddling
- Arms-out swaddling
- No swaddling
- On back
- On tummy

## VISITORS AT HOME\*

- Welcome anytime
- Visiting hours (specify: \_\_\_\_\_)
- Limit visits to \_\_\_\_\_ minutes / hours
- Shoes ON or OFF
- Wash hands / use sanitizer upon arrival
- May hold baby
- Prefer parents to hold baby
- No perfumes or heavy scents
- Plan for visitors who smoke: \_\_\_\_\_

## IF MOM IS NAPPING\*

- Wake her if baby needs to eat
- Feed baby a bottle
- Answer the phone/door
- Accept any deliveries
- Change diapers
- Keep house quiet
- Wake for visitors
- Allow her to sleep and ask visitors to return

## IF BREASTFEEDING\*

- Anywhere in home
- Designated areas
- Guests welcome to stay
- Guests asked for privacy
- Ways to help:
  - Bring water
  - Prepare snacks
  - Change diapers before/after feeding
  - Burp baby
  - Answer phone or door if needed
  - Words of encouragement
- Home visit from breastfeeding professional
- Phone/text/Skype with breastfeeding professional

## BABY BLUES\*

- Bring me a tissue
- Remind me to take my placenta capsules and/or medication if applicable
- Sit near me
- Give me space
- Offer a hug
- Watch television with me. I prefer: \_\_\_\_\_
- Stay calm
- No "At least" statements
- If postpartum depression is suspected:
  - Tell my partner / postpartum doula
  - Remind me to call my preferred professional
  - Call professional on my behalf