

# Postpartum care plan

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| <b>Emergency numbers</b>  | <ul style="list-style-type: none"> <li>• Medical</li> <li>• Mental health</li> </ul>   |
| <b>Important contacts</b>   | <ul style="list-style-type: none"> <li>• Family physician</li> <li>• Emergency/after-hours help</li> </ul>   |
| <b>Breastfeeding</b>  | <ul style="list-style-type: none"> <li>• Professional help (family physician, lactation consultant)</li> <li>• Doula/CHW/peer support leader</li> <li>• Experienced family and friends who are supportive</li> <li>• Support groups at hospital or other community venues</li> </ul>   |
| <b>Support team</b><br><i>Helps with rest, recovery, household tasks, errands</i> <ul style="list-style-type: none"> <li>• During the day</li> <li>• Evening</li> <li>• Weekend</li> <li>• Overnight</li> </ul>               | <ul style="list-style-type: none"> <li>• Family</li> <li>• Friends</li> <li>• CHW/doula/social worker</li> </ul>   |
| <b>Food</b>   | <ul style="list-style-type: none"> <li>• Meals in the freezer that were made ahead</li> <li>• Family/friends bringing meals</li> <li>• Five simple meals that have ingredients bought ahead</li> <li>• Nutritious and affordable take-out meals</li> </ul>   |
| <b>Housework</b>  | <ul style="list-style-type: none"> <li>• Three things I need done around house so I can relax</li> <li>• Three things my partner needs done around the house so they can relax</li> <li>• Hired help that can ease the burden</li> <li>• Friends/family who can pitch in and help with daily chores</li> </ul>                       |
| <b>Self-care</b>  | <ul style="list-style-type: none"> <li>• One weekly activity I want to do to take care of myself</li> <li>• One daily activity I want to do to take care of myself</li> <li>• One weekly activity my partner wants to do to care of themselves</li> <li>• One daily activity my partner wants to do to care of themselves</li> </ul> |
| <b>Time with my partner</b>   | <ul style="list-style-type: none"> <li>• People who can watch baby for a couple hours</li> <li>• Ideas of outings that are short and during the day that we would enjoy together</li> </ul>  |
| <b>Siblings</b> <ul style="list-style-type: none"> <li>• Emergency drop off when in labor</li> <li>• Emergency help during the night when in labor</li> <li>• During the day</li> <li>• Evening</li> <li>• Weekend</li> </ul> | <ul style="list-style-type: none"> <li>• Added to daycare list to pickup/drop off</li> <li>• Playdates and short visits</li> <li>• Longer stays</li> <li>• Overnight stays</li> <li>• In-home help</li> </ul>  |