

Postpartum care plan

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