

Postpartum

Care Plan

Sleep

How much sleep do you need/expect every 24 hours? _____

Where will the baby sleep?

- In our bed
- In a bassinet in our room
- In the nursery/seperate room

Who will care for the baby overnight?

(Select all that apply)

- Mother
- Partner
- Family Member/ Friend
- Postpartum Doula

Feeding

I plan to:

(Select all that apply)

- Breastfeed on demand
- Breastfeed on a schedule
- Pump and bottle feed
- Formula feed

Meals

We plan to:

(Select all that apply)

- Have frozen meals prepared
- Prepare meals day-to-day ourselves
- Create a meal train
- Order take-out _____ times a week
- Other

Self Care

What are some ways that I can practice self care throughout the day?

What are some food or items provide me comfort?

What are ways that my partner can help me feel recharged?

What are some ways you and your partner like to connect?

Visitors

We expect to have _____ visitors in the first 3 days.

We expect to have _____ visitors in the first 2 weeks.

We expect a visit from family to last _____

We expect a visit from a friend to last _____

Here is a list of tasks that visitors can help with:

Relationships

It is important in our relationship that we:

Here is a list of friends and family we can call at anytime for help:

Roles

As the mother, I expect my partner's role to be:

As the partner, I expect my mother's role to be:

Consider who will be doing the following:

(It may be one of you, both of you, or someone you hire)

- | | |
|--------------------------|--------------------|
| Changing diapers | Laundry |
| Bottle feeding | Housecleaning |
| Calming the baby | Pet care |
| Burping the baby | Bills and finances |
| Taking the baby on walks | Grocery shopping |
| Dinner prep or take-out | Other errands |



Salish Sea Doula Services

www.salishseadoula.com