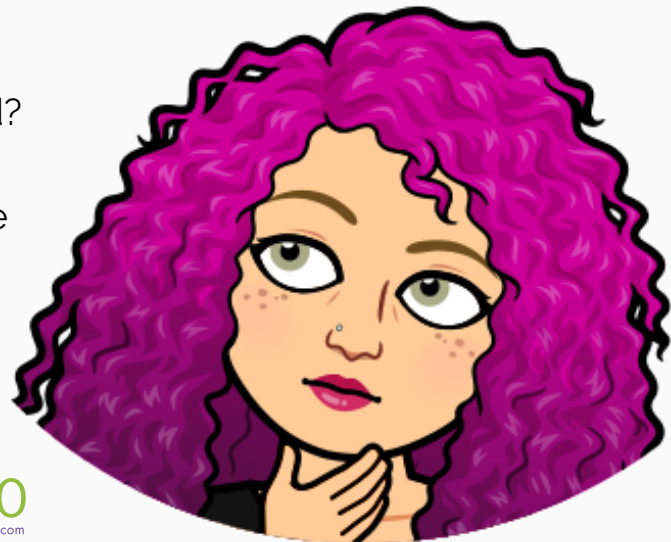


# POSTPARTUM PLANNING

- How many hours of sleep do you need? Plan on resting during the day until your needs are met. In the beginning, this may mean you stay in bed for much of the day.
- Where will baby sleep at night? Follow safe sleep guidelines by putting baby on their back on a firm flat sleep surface. Many families choose a bassinet in the same room and then transition to a crib.
- How will you feed the baby? Breastfeeding and formula feeding are not mutually exclusive. Find what works for your family.
- Who will feed the baby?
- What resources do you have for support? Breastfeeding can be a challenge. Insurance often covers lactation help, as well as pumps and supplies.
- Are you at risk for a postpartum mood disorder? Do you know the signs to watch for?
- How will you care for your mental and emotional health? Self care is important - getting good nutrition and enough rest can go a long way, but in some cases additional intervention is necessary.
- Who can you reach out to for support?
- What chores are priorities in the household?
- How are responsibilities divided? During the postpartum period, tasks may not necessarily be evenly divided up as mom recovers.



# POSTPARTUM PLANNING

- What meals can you make ahead and freeze for the weeks following birth? Consider making double batches of meals now.
- Who will cook after baby arrives? Can someone set up a MealTrain?
- What options do you have available for take-out and delivery?
- What nutritious quick snacks can you have on hand?
- What is our policy for visitors? Be clear and firm with expectations.

**Mom's Role:**

**Partner's Role:**