Postpartum Planning Worksheet

Together with your partner or support person, answer the following questions. It's OK not to know the answers right now! Let this worksheet serve as an exercise to begin deeper conversations.

Who can we call on for support?

1. _____

_____

2. _____

_____

3. _____

_____

Where can we find community or new parent support groups?

_____

_____

_____

_____

How do we plan to support rest in the early weeks and months postpartum?

_____

_____

_____

_____

_____

_____

_____

_____

How do we plan to nourish ourselves (food and hydration)?

_____

_____

_____

_____

_____

_____

Postpartum Nurture Co.
Samantha Byington, CLC
www.PostpartumNurture.com

Postpartum Planning Worksheet

Who will be able to support us with meals? (Ask them before baby comes!)

1. _____

_____

2. _____

_____

3. _____

_____

What are some of our favorite meals that we can prepare in advance to store in the freezer?

_____

_____

_____

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_____

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_____

Who can support me to meet my infant feeding goals?

_____

_____

_____

_____

_____

_____

_____

Our favorite nutritious take-out and delivery locations:

1. _____

_____

2. _____

_____

3. _____

_____

Postpartum Planning Worksheet

Local IBCLC's and CLC's who can support me with breast/chest feeding:

1. _____

_____

2. _____

_____

3. _____

_____

Who do we need to protect ourselves from? (Those who are not supportive of us)

1. _____

_____

2. _____

_____

3. _____

_____

How can we support our older child(ren)?

_____

_____

_____

_____

_____

_____

_____

Local breast/chest feeding support groups:

1. _____

_____

2. _____

_____

3. _____

_____

Postpartum Planning Worksheet

Needs of our older child(ren) might include:

1. _____

_____

2. _____

_____

3. _____

_____

People who can support us in caring for our older child(ren):

1. _____

_____

2. _____

_____

3. _____

_____

How can we lovingly blend this new baby into our family?

_____

_____

_____

_____

_____

_____

_____

In what ways can my partner support me?

1. _____

_____

2. _____

_____

3. _____

_____

Postpartum Planning Worksheet

Loving and responsible people who can provide childcare for us:

1. _____

_____

2. _____

_____

3. _____

_____

Activities and practices that help us feel rested, nurtured and energized as a couple include:

_____

_____

_____

_____

_____

_____

_____

Activities and practices that help me feel rested, nurtured and energized include:

_____

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