



Birthful™

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Postpartum & Newborn Plan

The goal here is to create realistic expectations and set up your support network in advance. This will help lessen the stress that can be caused by fatigue, poor nutrition, and a sense of isolation.

Preparing Your Home

Breastfeeding nook:

Set up at least one go-to area for breastfeeding. You need a place where you can sit comfortably, with:

- o Pillows or nursing pillows
- o Burp cloths
- o Water bottle filled with water
- o Table or other place where to put the cloths and the water
- o Snacks and your phone are other nice things to have close by

Changing stations:

Set up at least one per floor of your house. It can be as simple as a small basket with a changing pad, diapers, wipes, rash cream and clean outfit. Lots of diapers! You will be using around 7 - 10 per day.

Baby hangout areas:

Try to have a place where you can easily and safely set your baby down in as many rooms in your house as possible. Include the kitchen and a bathroom.

Medications and first aid:

- o Keep a bulb syringe and notepad with pen, next to any medications you or the baby is taking.
- o Write down the date and time when medicine is given, to avoid over or under medicating.
- o You might want to designate only one person as the one to give medicines, to avoid double dosing.
- o This is specially helpful when you are sleep-deprived.
- o Have a first aid kit handy.

Basic Necessities

Let the postpartum vacation begin! In order to get to know your baby and discover your new roles as parents, these are the ONLY other things you should focus on:

Sleep:

Think about how many hours you needed last year to get a good night sleep. Now, try to get that amount in a 24 hr. period. Resist the urge to do things while baby sleeps and take a nap instead.

Food:

- o Make nutritious choices.
- o Plan ahead and double batch your meals so you can fill up your freezer.
- o Keep handy a list of take-out/delivery options.
- o Ask friends and family to bring you a dish when they come to visit.
- o Ideal foods are those that you can eat with one hand while holding baby, don't need to be prepped, are good hot or cold and that you love to eat!
- o Plan for at least 2-4 weeks of meals.

Support:

- o Reach out to friends and family with small babies.
- o Meet other new parents at local parenting groups or “mommy/daddy and me” classes.
- o Breastfeeding support may be specially important. Know how to contact lactation counselors, consultants, and local La Leche League chapters.

Make The Most Of Your Visitors

New parents need extra help to ensure that they can meet their and their baby’s needs. Plan ahead to received the most effective help.

- o Make sure you don’t schedule all your help and visitors to come at the same time. Stagger them through the first month. You don’t want to go from having too many hands, to having none. This will also make for better quality time and no competition for baby holding.
- o If you have dedicated volunteers, you might want to write out specific chores for them. For example, a friend who might offer to come over and do laundry twice a week for the first couple of weeks. A neighbor might walk your dog, or bring mail to your door.
- o Know that even one-time visitors will be happy to help you. Ask that they put in a load of laundry, or unload the dishwasher, or stop on their way over and bring you some forgotten supplies.

Additional Help

Consider if you need help from service providers in your area such as diaper laundry services, housekeepers, postpartum doula, baby nanny, baby nurse, child care, lactation professionals, etc.

Type of help	Name(s)	Phone Number
Help with sleeping during the day		
Help with sleeping during evenings		
Help with sleeping at night		
Friends with small children		
Classes and groups		
Will prepare a meal		
Good for take-out/delivery		
Breastfeeding support		
Other:		

Postpartum & Newborn Plan

Hygiene	
Diapers: <input type="checkbox"/> Wash my own cloth <input type="checkbox"/> Cloth Diaper Service <input type="checkbox"/> Disposable <input type="checkbox"/> Mix	
Wipes: <input type="checkbox"/> Washcloth and warm water <input type="checkbox"/> Diaper wipes. Look for (ingredients, brands, etc.):	
Who's responsible for changing baby when we're all together?	
Who's responsible for getting rid of the dirty diapers and providing the clean ones? (I.e. washing and putting away if you're washing your own, or putting dirties out for service to pick up on assigned day, or putting out trash and buying new disposables.)	
Who's responsible for washing the diaper covers when they need it? (If applicable)	
Bathing	
Where will we bathe baby:	Who's responsible for baths:
Laundry	
Who's responsible for washing baby's clothes:	Putting them away:
Who's responsible for washing our clothes:	Putting them away:
Organization	
Diaper changing areas will be:	
Areas will include such things as:	
Baby feeding areas will be:	
Areas will include such things as:	
If bottle feeding, preparation area will include:	
Sibling basket will have (this for siblings to be entertained while you feed or change baby, if applicable):	
Baby sleeping/resting areas will have:	

Our nourishment

We plan to:

- Have meals prepared ahead of time and stored in the freezer
- Prepare meals day to day ourselves
- Prepare meals day to day with help

Order in _____ times a week

Combination of:

Grocery shopping will be done by:

Who will cook dinner (on times when baby allows you to cook):

Cleaning and Household Tasks: (i.e. paying bills, running errands)

Which household tasks can you totally ignore / let slide for baby's first 6 weeks?

Of those tasks that must be done, who's responsible for what:

Redefining roles

Who will do the caring for the baby:

Weekdays:

Weekends:

Nights:

Other:

Who will do the caring for siblings (if any)?

Who will transport the siblings to places?

Who will care for the pets?

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

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

Partners/relationships

When mom needs outside emotional support, who can she call (name / phone #):

When partner needs outside emotional support, who can he call (name / phone #)

What are your plans for taking care of some of your own individual needs (what activities help you feel nurtured, rested and energized):

Mom:

Partner:

What are your plans for taking care of your relationship needs? (What activities will help you connect and strengthen your bond):

Family and friends

Who is going to be involved in our support over the postpartum period?

What do we see them doing?

Visitors

We expect to have ___ visitors in the first week:

We expect to have ___ visitors in the second week:

Things that we will like them to help with:

Staying connected to the outside world

How important is this to you (there is not wrong answer):

___ It is important to talk to friends and family as usual

___ It is important to put a message on the machine and return calls when possible

___ I will be using a headset to stay connected to the outside world

Longer term support (for the next 12 months)

Childcare, babysitters and daycare options:

Other things that are important

Our greatest concern is:

What actions will we take to make sure that concern is met?

Other things that are important to us: