

## NEWBORN & POSTPARTUM PLAN

NEWBORN CARE PLAN for \_\_\_\_\_

Baby's Doctor/Midwife: \_\_\_\_\_

Newborn Care Issues, Fears, Concerns:

I/We Have the Following Experience With Newborns:

Infant Feeding: BREASTMILK\_\_\_\_ FORMULA\_\_\_\_

Do you have a Goal for how long you'd like to Breastfeed?

Newborn Exam & Procedures, incl. Immediate Immunizations:

I/We Have Thoroughly Researched both sides of Circumcision:  
Julie has a short DVD you may borrow on this...

I/We Researched Different Types of Diapers:

Educational Needs (Baby Care & Feeding):

POSTPARTUM PLAN for \_\_\_\_\_

Baby's Pediatrician \_\_\_\_\_

A Postpartum Plan is much like a Birth Plan. It helps you plan for a smooth transition, adjusting to your new family dynamics in the first few weeks. Like a Birth Plan, Flexibility is Key when considering that all the potential conditions and "personalities" are unknown. Honor this time as a Rite of Passage. The **Babymoon phase** only happens once for this baby. Make it count for you and your family -

Everything else in life that was there, will still be there to deal with at a later time.  
Enjoy your baby/babies and yourselves!

### **SLEEP & REST**

What are your normal (pre-pregnancy) sleep requirements (# of hours per night)?

Here's an approach to help you get as much (Or almost as much) sleep as you need:

- 1) Calculate the hours you need (above) nightly. This is how much sleep you owe yourself nightly, in order to function optimally in the world, and especially to be there for your baby.
- 2) Since you can no longer get this amount of sleep in one stretch due to baby interruptions and feedings, you will require more hours in bed to get your allotted amount of sleep.
- 3) Plan to stay in bed or keep going back to bed until you have slept your allotted number of hours. This means you only get up for the bathroom—You do not shower, brush your teeth, or dress in the early morning. You may have to stay in bed from 10pm until noon the next day to get eight hours of sleep, but if that's what it takes, do it. Then brush your teeth, take a shower, & greet the beautiful day and family.

### **PHYSICAL RECOVERY**

What is important to you when determining how you expect to physically recover from the birth? (Self-care, exercise, weight, sleep, etc):

### **INFANT FEEDING**

Anticipated method of feeding: BREASTMILK\_\_\_\_\_ FORMULA\_\_\_\_\_

My/Our expectations for feeding baby/babies is: ON CUE\_\_\_\_\_ SCHEDULED\_\_\_\_\_

I/We feel this way because:

I/We will have a Feeding & Elimination Chart: YES\_\_\_\_\_ NO\_\_\_\_\_

### **FAMILY FEEDING**

I/We Plan To:

- 1) Have meals prepared ahead of time & frozen
- 2) Prepare meals every day myself/ourselves
- 3) Prepare meals every day with help—Organize family & friends for 1<sup>st</sup> few weeks
- 4) Order in \_\_\_\_\_ times a week
- 5) Combination of \_\_\_\_\_

### **CARING FOR THE BABY/BABIES**

I/We Plan To:

- 1) Hire a Postpartum Doula, so that we may spend time with the baby/babies and siblings, if any
- 2) Have organized help from Family, so that I/we may spend time with the baby/babies and siblings, if any

- 3) Hire a nanny to look after the baby/babies and siblings
- 4) Care for the baby/babies ourselves and manage the house at the same time - No expected help

### **SLEEPING ARRANGEMENTS**

I/We Plan To:

- 1) Co-sleep (In bed with me/us)
- 2) Have the baby/babies in the same room, but sleeping in a cradle/bassinet beside me/us
- 3) Have the baby/babies sleep in their own room

### **REDEFINING ROLES**

Who will do the caring for the baby/babies?\_

Who will care for the siblings, if any?

Who will feed, walk, & give affection to animals, if any?

Who will do the Cleaning?

Who will do Laundry?

Who will do the Cooking?

Who will be at home, & When?

Who will do the Shopping?

Who will run the Household Errands?

Who will transport any siblings places?

As the Mother, I will expect my Partner's role to be:

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### **PARTNERS/RELATIONSHIPS**

It is important to our relationship that we:

**SIBLINGS**

It is important to maintain:

**PETS**

It is important to maintain:

**FAMILY & FRIENDS**

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

**VISITORS**

We expect to have \_\_\_\_ visitors the 1<sup>st</sup> week.

We expect to have \_\_\_\_ visitors the 2<sup>nd</sup> week.

**Suggestion:** When people want to see the baby after the birth, think about scheduling allotted times (as short as you desire/need) during which everyone may come, rather than having people call all day for many days after the birth, wanting to know when they can come meet your little joy! Make this desire clear before the birth if possible, & maybe schedule a short Meeting the Baby/Babies party for a few weeks out after the birth, as well - You may even get some gifts! ☺

**One more thought:** When people do come to your home to visit & want to help you in some way, have a bowl/hat/whatever prepared with household tasks you need to get done. Give the visitor a tangible task to accomplish, & watch their pride in helping you, making them feel good, too!

Concerns, Questions, Feelings About Visitors:

**ORGANIZATION**

Baby feeding areas will be \_\_\_\_\_

Areas will include such things as \_\_\_\_\_

Diaper change tables/areas will be \_\_\_\_\_

Areas will include \_\_\_\_\_

Baby Sleeping/Resting Areas will have \_\_\_\_\_

If Bottle Feeding, Prep. Area will include \_\_\_\_\_

## **STAYING CONNECTED TO THE OUTSIDE WORLD**

It is important to:

- 1) Try talking to friends & family the usual amount
- 2) Put a message on the machine, &/or cell, & return calls when possible
- 3) I will be using a headset to talk on the phone & interact with baby/do chores YES\_\_\_ NO\_\_\_

## **LONGER TERM SUPPORT FOR NEXT YEAR**

Childcare, Babysitters, & Daycare Options:

Housekeeping & Chores:

Greatest Concern Is:

## **FAMILY MEMORIES**

Important Family Traditions For Us to Continue/Start: (In Daily Conversation, Seasonally, Holidays, Special Family Holidays or Days, Vacations, Communications/Interactions...)

## **RECORDING, JOURNALING, & SCRAPBOOKING**

It is important to:

Other things That Are Important to Me/Us:

