



nurtured yawns

RESTFUL NIGHTS & NURTURING DAYS

Our Postpartum Plan

Congratulations on your pregnancy! Much like a birth plan, creating a postpartum plan can help you to outline your desires, expectations, and preferences before bab(ies) arrives so that you can set boundaries, exercise self-care, and ensure that your needs can be met, as you transition into life as a newly birthed family. This plan is not rigid. It's based around your needs.

BAB(IES) CARE IN HOSPITAL (may already be on birth plan)

What would we like to happen after bab(ies) is born?

- Have skin-to-skin with bab(ies) immediately after birth?
- Delay the bath so we have time to bond with bab(ies)?
- Delay cord clamping?
- Save the placenta?
- Initiate breastfeeding soon after birth?
- Receive formula samples?
- Receive instructions on breastfeeding, diapering, bathing and swaddling before being discharged?

**Be prepared to communicate your wishes to hospital staff.*

ANNOUNCING

How will we communicate the news of our bab(ies)'s arrival and who will be responsible for this?

Do we want it shared it on social media?

Would we like to share the news privately with just a few family members?

SLEEP AND REST

**Whilst sleep may at times seem out of reach when you have a newborn, prioritizing sleep is vital. Your body needs a chance to recover and exhaustion is also a risk factor for postpartum depression. Allow yourself time to rest and enjoy the precious moments without feeling pressured to rejoin the fast pace of the world around you.*

How many hours of sleep did we require pre-pregnancy? **Make this your daily sleep goal.*



nurtured yawns

RESTFUL NIGHTS & NURTURING DAYS

Where will the bab(ies) sleep?

In our room in a:

- bassinet
- pack n play
- crib

In their own room in a:

- bassinet
- pack n play
- crib

(AAP recommends room sharing for at least 6 months)

Who will care for bab(ies) at night?
(Select all that apply)

- Mom
- Dad
- Family Member / Friend
- Postpartum Doula

*In accordance with the American Academy of Pediatrics (AAP) and the CDC, Nurtured Yawns LLC advises against bedsharing with children less than a year old as the practice puts children at risk of suffocation, strangulation, parent rollover and SUIDS/ SIDS.

[How to Keep Your Sleeping Baby Safe: AAP Policy Explained](#)

FEEDING BAB(IES)

I plan to: (check all that apply)

- Breastfeed (Who or what resources are able to assist me with breastfeeding?)
- Pump and bottle feed breastmilk
- Use donated breastmilk
- Formula feed

POSTPARTUM MEAL PLANNING

We plan to: (select all that apply)

- Have frozen meals prepared (What meals can we prepare ahead of time?)
- Prepare meals day-to-day ourselves (Husband/Partner? Postpartum Doula?)
- Create a meal train (Have relatives and friends prepare and deliver food?)
- Order take-out __ times a week (What healthy and affordable options are there?)

What quick and nutritious breastfeeding snacks can we have on hand?

How can we ensure we are drinking a lot of water daily?



nurtured yawns

RESTFUL NIGHTS & NURTURING DAYS

POSTPARTUM HOUSEHOLD CARE

Consider who will be doing the following: (e.g., Spouse? Relatives? Friends? Postpartum doula?)

Changing diapers	Laundry
Bottle feeding	Housecleaning
Calming the bab(ies)	Pet care
Burping the bab(ies)	Bills and finances
Taking the bab(ies) on walks	Grocery shopping
Dinner prep or take out	Other errands

MENTAL / EMOTIONAL / PHYSICAL RECOVERY

Postpartum depression can be experienced by mothers and fathers. Do we know the signs of postpartum depression? Who can we ask to keep a lookout and refer us in the event that we exhibit symptoms? How will we care for our mental, emotional and physical health?

What is important for me in determining how I expect to physically recover from birth?

What essential supplies will mom need in the first few weeks? (e.g., Pads, postpartum underwear, peri bottle, comfy clothes, sitz bath, nursing bras, witch hazel, etc.)

What will dad need in the first few weeks?

BAB(IES) CARE

Consider care for bab(ies) (e.g., bathing, bottle sterilization, childproofing, gas, childcare)

ROLES AND RELATIONSHIP

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

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

Mom's greatest concerns:

Dad's greatest concerns:

It is important to our relationship that we...

**Perhaps also give some thought to other ways you can be intimate in the days, weeks, or months following birth if mom is not ready for sex.*



nurtured yawns

RESTFUL NIGHTS & NURTURING DAYS

VISITORS

How many days/ weeks after we take bab(ies) home, do we want to start receiving visitors?

What are our policies for visitors? (e.g., Calling ahead? Covid test? No perfume? Holding bab(ies)? Other?)

**Be clear with family and friends about your thoughts on visiting. Don't be afraid to limit visitors as your rest and time to adjust is crucial. Ask all visitors to wash their hands and even help with household chores during their visit.*

FINANCES

Have an idea of costs associated with birth, maternity leave options and newborn associated expenses (e.g., diapers, wipes, crib, hiring help, doctor's appointments.)

Other Notes:



“When we encourage new parents to ‘treasure these moments because they don’t last forever,’ we need to remember to also reassure them that they will survive these moments because they don’t last forever.” - L.R. Knost

“Sleep is an investment in the energy you need to be effective tomorrow.” – Tom Roth

“Children are a gift from the Lord; they are a reward from Him.” - Psalm 127:3

Congratulations again! You can do it!
Just remember, you don't have to do it all alone!
We're here to nurture you as you find your own rhythm in parenthood.

