

Postpartum Plan

for the Parents of: _____

EARLY DAYS

- Skin-to-Skin
- Favorite swaddle: _____
- Baby naps in: _____
- Baby sleeps in: _____
- Pacifier
- No Pacifier
- Open to Pacifier / Unsure
- Need instructions on newborn care basics
- See a lactation consultant at the hospital
- Hire a private lactation consultant

FEEDING BABY

- Exclusive Breastfeeding
- Exclusive Formula Feeding
- Exclusive Pumping/Bottle Feeding
- Mixed feeding including:
 - Breastfeeding
 - Pumped Milk
 - Donor Milk
 - Formula

Bottle Type: _____

Formula Type: _____

GETTING FED

- Ask guests to bring a prepared snack/meal
- Start a meal train
- Host a freezer meal party
- Add restaurant gift cards to baby registry
- Hire a meal prep service

VISITORS

- Wash hands
- Remove Shoes
- Use hand sanitizer
- If you want to help, choose something from the to-do list posted on the fridge
- Hold baby while I nap/shower
- Help with diaper changes
- Help with feedings
- Care for me so I can care for my baby
- Make sure I remembered my placenta pills
- Limit visit time to _____ minutes
- Visiting time: _____ to _____ am|pm

SUPPORT SYSTEM

Names and phone numbers for my:

- Postpartum Doula

- Lactation Consultant

- Housekeeper

- Pediatrician

Helpful friends and family:

