



M I N D B O D Y B I R T H

Postpartum planning

What's important to you?

- Rest & recovery
- Bonding
- Nutrition
- Support
- Relationship

Postpartum Plan

Meals

Meal train link and list of people to help - <https://www.mealtrain.com>

Organise a big cookup and freeze meals?

Organise meal delivery service?

List the people who can help us. . .

Create a snack box to have next to feeding station

Consider one handed meals, meals easily reheat/ defrost i.e. soup

Hydration - drink bottle with straw

Care for other kids on hard days

List of people who can help

Cleaning

Who can help?

What do I need done to relax?

How will we divide tasks?

Organisation

How can we reduce our mental load of running a household?

Consider shopping list on a Woolies app and do click and collect

Bulk buy items for 3 months - reducing shopping trips

Direct debit bills and finances so you don't have to remember to make transfers/ payments





MIND BODY BIRTH

Breastfeeding

- What is our plan for breastfeeding:
- Where will I do this? Do I have a set up ready?
- Are there particular things I might need to do ahead of time?
- Who can we reach out to for support if we are struggling?
- Where is my nearest lactation consultant?
- Do you want to do a class on breastfeeding?
- How will partner support breastfeeding-snacks, settling, nappies, bringing baby to you
- Do you know what to do in the first few days if something goes awry?

Companionship

- Who might I reach out to if I'm lonely?
- Who is someone you can call that will be there to listen?

Emotional Wellbeing

- On the big days, who can I reach out to for support?
- If I feel lonely, who can I call?
- What are activities I enjoy doing that either energise me or make me feel rested?
- Do I have a good GP? Research/ ask about family centred GP's in the area
- What hobbies can/do I want to continue doing with our new baby? What support do I need to make this happen?

Sleep and settling

Sleep situation:

- Where will the baby sleep?
- If baby isn't sleeping, how will we manage things?
- Who gets up if baby needs soothing but not feeding? Can we share night duties? Do we need extra help?
- Can you make a plan for nights that involve you both in the early days progressively shifting as needed over time?
- Can extra time be taken off work for partner if baby is particularly unsettled or your'e suffering sleep deprivation?





MIND BODY BIRTH

Sleep and settling of bigger kids

Infant and bigger kid settling:

- What are naps/bed time going to look like?
- How can you prepare older children for the changes to come (not just with sleep, but everything else too)

Return to work plan

Return to work/school plan:

- Who takes other kids to school?
- When is partner back at work?
- When are you planning on going back to work?
- On the big days, who can you reach out to for support?
- Do you need support in the transition back to work? Who looks after bub?

Visitors

- Consider labour and birthing support team
 - Consider visitation in hospital - will you and who will you be comfortable with if you are lying/ sitting down topless/ ice pack on perineum/ wound dressing on/ tired/ feeding/ settling your baby?
 - Time limit on visitors
 - Great visitors help you by bringing food, coffee, asking what you need doing, limiting time spent with you.
 - Consider number of visitors in your first week home
 - Remember to 'keep baby in mind' - advocate for your baby, do not withhold feeding/ settling your baby if you are seeing those hunger/tired cues.
 - Immunisation status of visitors
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- Do not placate to visitors, they will meet your baby and be a part of their life.

